

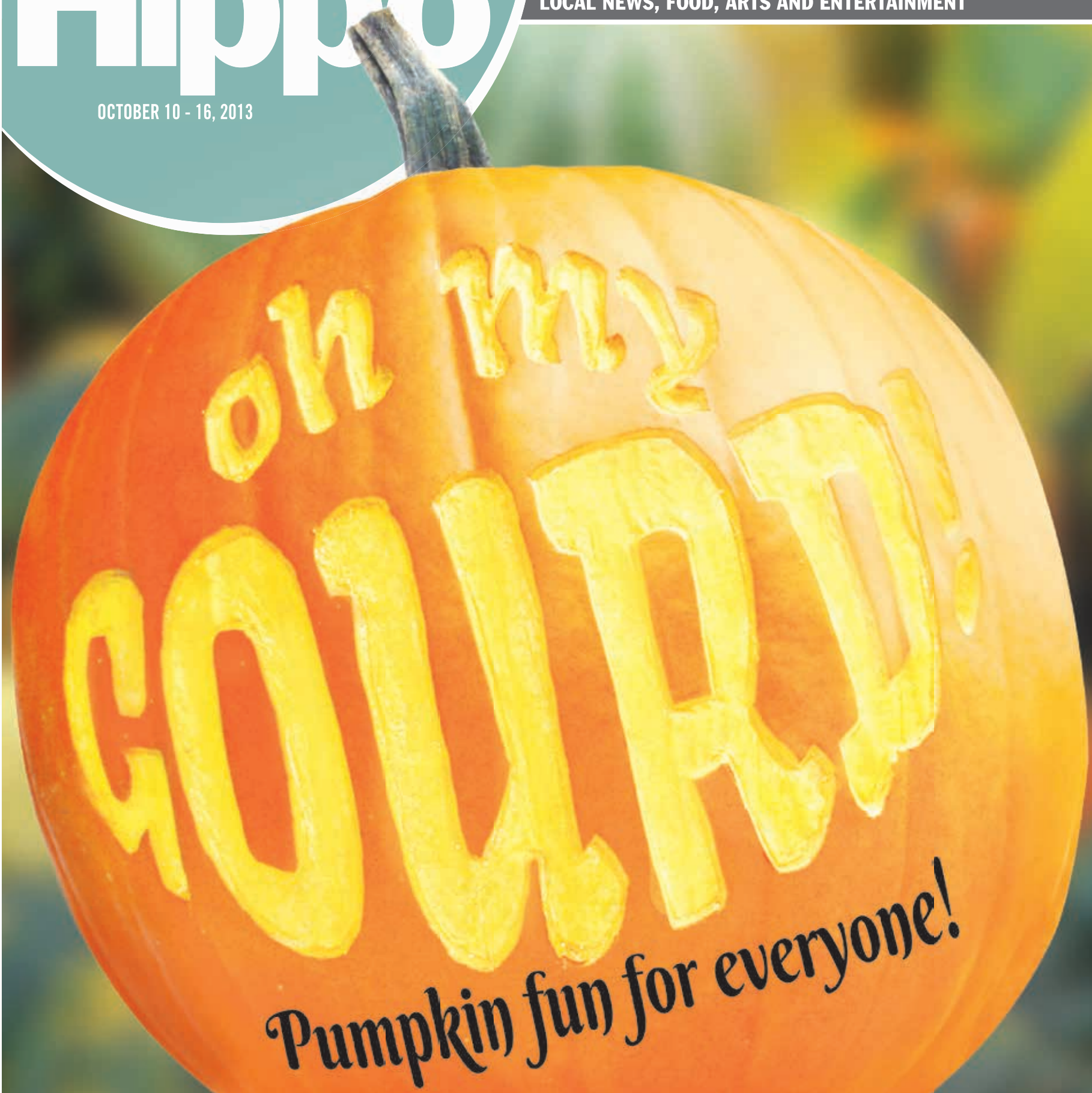
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OCTOBER 10 - 16, 2013

TAKE AN ART
HIKE P. 24

FIND SOME HOT
TUNES P. 71

LOCAL NEWS, FOOD, ARTS AND ENTERTAINMENT



INSIDE: MORE FALL FESTIVALS

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GRANITE VIEWS **PATRICK DUFFY**

Acting like bullies



We have all witnessed this type of behavior, but probably in a school yard in the early years of elementary school. What we have going on in Washington is much the same

— some people not getting their way acting as bullies and spoiled brats.

The audacity of shutting down the national government in order to allow a slim minority to have their way is totally preposterous! And it is to try and defund a program that was passed by Congress over four years ago, one that has been ruled constitutionally valid, and is in the process of being implemented, but not accepted by that slim minority.

Is this the way a democracy is intended to work? Why does the leadership of the minority party think that it can let the “bullies” rule when they don’t get what they want? There have been more than 40 attempts, all of them failing to get support of the majority, to defund the Affordable Care Act, and yet the message hasn’t been accepted. Lurking behind the scenes is the fear that once the ACA has rolled out, that Americans will have accepted the benefits of this health-care program. With that, the tide will turn and that minority will need to find another whipping boy to undermine the administration of Barack Obama. That is next up — the default on public finances, better known as the debt ceiling. This is the issue that the leadership of the minority party had intended to use as leverage to get changes in the nation’s spending policies, but to their dismay, that vocal minority (bullies) upset the apple cart! With the president refusing to consider any compromises, the Republicans have painted themselves into a corner. As Business Week magazine so aptly stated on the cover of its recent issue: “John Boehner Doesn’t Run Congress. Meet the Man Who Does.” In case you’re wondering who that is, it’s Jim DeMint, former U.S. senator from South Carolina, who gave up the position to accept a seven-figure salary to head the Heritage Foundation, a conservative Washington think tank.

Over the objections of my editor-in-chief, I have to mention one of the things that allow us to keep our sanity: The successful season of the Boston Red Sox. Who would have even imagined that they would end the season tied (with St. Louis) for the best record in baseball? And not only that, they are about to enter the playoffs, and by the time you read this, may be well along in capturing the American League Championship! We are fortunate, notwithstanding the previously mentioned shenanigans, that we live in the greatest country on earth!

Patrick Duffy has been on the board of numerous organizations, such as Currier Museum of Art, City Year New Hampshire and NH Aviation Historical Society. He is a retired Colonel, U.S. Air Force.



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ON THE COVER

14 Talk about a versatile fruit — pumpkins are fun to carve or decorate, delicious when used in recipes and cool enough to be the main attraction at festivals throughout the state. Kelly Sennott gives you ideas for some good gourd fun.

Also on the cover, enjoy the outdoors and see some fabulous new sculptures at the Andres Institute of Art in Brookline (p. 24). Check out our Music This Week listings, starting on p. 71, for all your weeknight and weekend music needs. And there are more fall festivals coming up this weekend, including the Warner Fall Foliage Festival (p. 30) and foodie festivals too (p. 44).



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*Academy of General Dentistry – "The Importance of Oral Health to Overall Health."
Available at www.agd.org/public/oralhealth. March 2011.

083177



Officials need help counting bobcats with trail cameras. Photo courtesy of the U.S. Fish and Wildlife Service.

WIC OK for now

As the shutdown of the federal government headed into its second week following a weekend of fingerpointing by both sides, officials with the state Department of Health and Human Services wanted low-income mothers to know the state's Women, Infants and Children (WIC) nutrition program still has funding — for now.

"We're encouraging women to keep appointments, use their vouchers and apply for services as usual," said Patricia Tilley, chief of the state Bureau of Population Health and Community Services.

The program provides education and financial assistance to help women, mothers and children obtain healthy foods. Tilley said the program was utilizing unspent operating money from the last fiscal year to keep services rolling. Tilley said she was confident WIC would have sufficient funding to continue the program normally through October. After that, it's anybody's guess.

Tilley said department officials have spoken with grocers to make sure they know to continue accepting vouchers.

"We know it's very confusing and we're setting lots of different messages in the news," Tilley said. "WIC is such an important service we want to make sure nobody misses a beat."

The federal government has a deadline of Thursday, Oct. 17, to reach a deal to raise the debt ceiling or risk default.

Back to work for some

About 90 percent of the 1,500 workers at the Navy shipyard in Portsmouth were back to work last week. With the government shutdown continuing, the future is still a little murky, but Secretary of Defense Chuck Hagel cited a law which allows the Department of Defense to avoid furloughs, accord-

ing to a Seacoast Online article. About 300 National Guard members were also back on the job this week, according to a Seacoast Online story.

Campgrounds closed

Due to the government shutdown, 22 privately-run campgrounds in the White Mountain National Forest closed this past weekend, with Columbus Day weekend, perhaps the most popular weekend for foliage viewers, coming this weekend. "Due to the lapse in agency funding, the sale of all types of permits (i.e., recreation, firewood, forest products, mineral materials for example) are suspended, recreation, gov reservations are suspended, and all federally owned recreation sites are closed. All offices are closed. These services will be available once funding is restored," according to fs.usda.gov/whitemountain.

Hospital layoffs

St. Joseph Hospital in Nashua laid off 18 workers last week, as part of eliminating 54 positions in all. According to a Union Leader article, the cutbacks were needed as fewer people are spending the night at the hospital. Melissa Sears, vice president of strategy and business development at St. Joseph Hospital, told the Union Leader she didn't expect any more layoffs.

Shooting death

Police shot and killed a 45-year-old Canterbury woman after she drove off from a routine traffic stop on Interstate 89. Wendy Lawrence then led police on a chase off Interstate 93 and into Manchester. Police fired on Lawrence where she had stopped at the intersection of Dave Street and Kennard Road, according to the New Hampshire attorney general's office. The attorney general's office was still investigating

Lawrence's death as of earlier this week.

Town hall complaints

With residents complaining about getting things done at town hall, some town employees in Salem had apparently directed residents to selectmen while complaining they were 'overworked and underpaid,' according to an Eagle Tribune article. Selectman Patrick Hargreaves said during a selectmen meeting residents had been coming to his business to complain after employees directed residents to see selectmen. Town Manager Keith Hickey said he has addressed the issue with employees.

Hitting the stairs

To honor the first responders who lost their lives in the 9/11 attacks, about 300 firefighters climbed the stairs at Brady Sullivan Tower in Manchester last weekend. Participants climbed to the building's 20th floor more than five times to equal the 110 stories in the World Trade Center in New York City, according to a WMUR story. The fundraising generates funds for the National Fallen Firefighters Foundation.

Sex ed?

The University of New Hampshire raised some eyebrows last week as it hosted a seminar with sexuality educator and sexologist Megan Andelloux. Andelloux's presentation "Orchestrating Orgasms" centered on how to talk about sex openly, reports indicated. Some conservative groups, including Cornerstone Research, voiced their displeasure that the program was funded through required student activity fees. The event filled a 500-seat auditorium.

BEST WEEK



UNIVERSITY OF NEW HAMPSHIRE

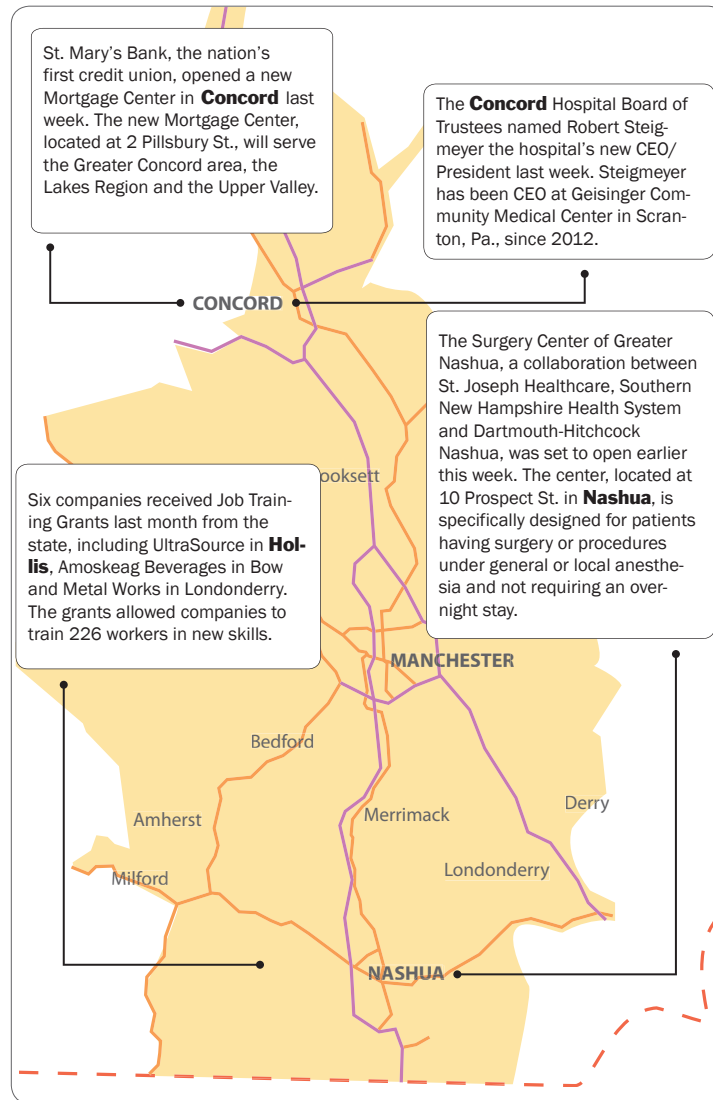
In the university's second largest donation in its history, UNH received a \$20 million donation to help it launch the new Carsey School of Public Policy. The donation came from alumna Marcy Carsey, an Emmy-winning television producer. Carsey's gift comes on the heels of the largest fundraising year in the university's history. The UNH Foundation raised \$35.8 million in Fiscal Year 2013, beating the previous record of \$29.9 million set in 2002.

WORST WEEK



EXETER HOSPITAL

Dozens of employees at Exeter Hospital were treated for scabies last week. Apparently, the employees were infected by a patient in September. According to reports, about 300 employees were treated to prevent the infection's spread. No patients had reported infections. Last year, the hospital dealt with an outbreak of Hepatitis C, as an employee, who has since pleaded guilty to federal charges, knowingly spread the disease through syringes at the hospital.



Counting bobcats

The state Fish and Game Department, together with the University of New Hampshire, are looking for citizen scientists to help count bobcats with trail cameras in three study areas in southern New Hampshire. Volunteers must provide a trail camera and be willing to monitor the cameras for bobcats during a two-week period beginning Tuesday, Oct. 15. The three areas are centered on Bradford, Swanzey and Deering. Visit mlitvaitis.unh.edu.

Cemetery vandals

According to police, vandals overturned 15 monuments at the Valley Street Cemetery in Manchester last week. The damaged grave markers, some made of marble and others of granite, varied in size. Most of the damage occurred to headstones located in an area just inside of the main gate on Pine Street. Parks and Recreation estimated the cost to repair the damage to be about \$3,000. 🌧️

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The people trade

Human trafficking one of the country’s fastest-growing crimes

By Jeff Mucciarone
jmucciarone@hippopress.com

Think human trafficking isn’t happening in New Hampshire? Think again.

Human trafficking is happening here. Just last month, a Merrimack pair was arrested for allegedly running a trafficking operation out of massage parlors based around the country, including one in Merrimack. Earlier this year, Manchester attorney Lisa Biron was charged with trafficking a 14-year-old girl.

“The first thing we’ve got to do is wake up,” said Sr. Catherine O’Connor of Covenant Health Systems in Lexington, Mass. Covenant is a faith-based Catholic health care organization.

Nationally, trafficking is about to surpass the drug trade in terms of monetary value. The U.S. Department of Justice estimated about 200,000 American children are trafficked each year into the sex trade. The U.S. Department of State’s “Trafficking in Persons Report 2010” revealed the majority of domestic victims enslaved in the sex industry are runaway and homeless youth. About 21 million people worldwide were ensnared in trafficking in 2013, O’Connor said.

“Perpetrators are skilled at keeping victims hidden and silent,” O’Connor said.

Nationally, 450,000 children run away from home each year and one out of every three teens on the street will be lured toward prostitution within 48 hours of leaving home.

“It’s the hidden crime,” said Sandra Matheson, director of the New Hampshire Attorney General’s State Office of Victim/Witness Assistance. “We’re all really just

beginning to look at it.”

St. Joseph Healthcare in Nashua and Covenant Health Systems are hosting “A Call to Action: Human Trafficking in our Backyards?” on Wednesday, Oct. 16. Officials, including O’Connor, and Theresa Flores, a trafficking survivor, author and victims’ advocate, will speak at the event.

“That’s what hit me the hardest, that we’ve got this global war on drugs, and there’s something that’s breathing at its heels,” said MC Sullivan, director of ethics with Covenant Health Systems. “It’s just unthinkable for most people.”

Earlier this year, the attorney general’s office formed the New Hampshire Commission to Combat Human Trafficking, which is tasked with building a network of agencies and organizations to tackle the issue.

In 2004 the U.S. attorney general’s office prosecuted the first labor trafficking case in New Hampshire. The case involved Jamaican men who were held in squalor and forced to work without pay on a farm in Litchfield, Matheson said.

In 2007, the state legislature created an interagency committee to study trafficking. The committee recommended the state create a human trafficking statute. New Hampshire made trafficking a felony in 2010. Until that time, a trafficker couldn’t be charged with trafficking specifically. Prosecutors had to charge traffickers with other, sometimes lesser crimes, such as assault.

How it happens

Trafficking can occur in a variety of ways. People are kidnapped. People are

taken advantage of when they arrive in the country, particularly undocumented people, who are threatened with being exposed to authorities. Some are threatened with physical harm. People from other countries are promised a new life elsewhere and are then held captive. Officials mentioned the massage industry as a typical entry point.

“Particularly with sex slavery, humiliation and shame keeps them there,” Sullivan said. “They want to leave, but they’re petrified of law enforcement.”

Sometimes trafficking is related to an organized operation, but other times it’s one individual.

“They start buying gifts and they sort of become their boyfriend and the next thing they know, they’re being prostituted out,” Matheson said.

“It is the most brutal form of child sexual abuse,” Matheson added. “You see kids standing on a street corner and you think they’re just congregating, but now we’re making law enforcement aware, because they are seeing it.”

Trafficking isn’t a new problem, but the anonymity the Internet provides is helping it explode. Websites like Backpage.com, a free classifieds site, feature countless ads for girls, and those ads multiply leading up to big sporting events — NASCAR races at New Hampshire Motor Speedway, for example.

“Some of [the girls] are local and some are out of state and are brought in for that event,” Matheson said.

Police monitor websites that publish such ads.

“We do follow up on them,” said Manchester Police Detective Sgt. Nicole Ledoux. “We can’t always locate them

because they don’t use their real names or real telephone numbers.”

Identifying trafficking

Ledoux is in charge of the department’s juvenile division. The department has four officers on the state’s human trafficking task force. So far this year, Manchester has seen three cases where officers suspect trafficking of minors.

“Getting [victims] to cooperate is difficult,” Ledoux said. “They don’t see themselves as victims because they feel like, in a way, they’ve participated in this illegal activity, if it’s prostitution. ... We do our best to try to provide them with services.”

Instead of treating alleged prostitutes as criminals, officers try to determine if individuals are being forced into the sex trade. Still, it’s often not easy to help victims. They are afraid they’ll get in trouble, but Ledoux said that’s not officers’ goal. Other times victims are too fearful of their captors to cooperate. Officials have worked to spot trafficking in the health care world as well. When people are brought in for treatment, it may be the only time victims can get away from captors, officials said.

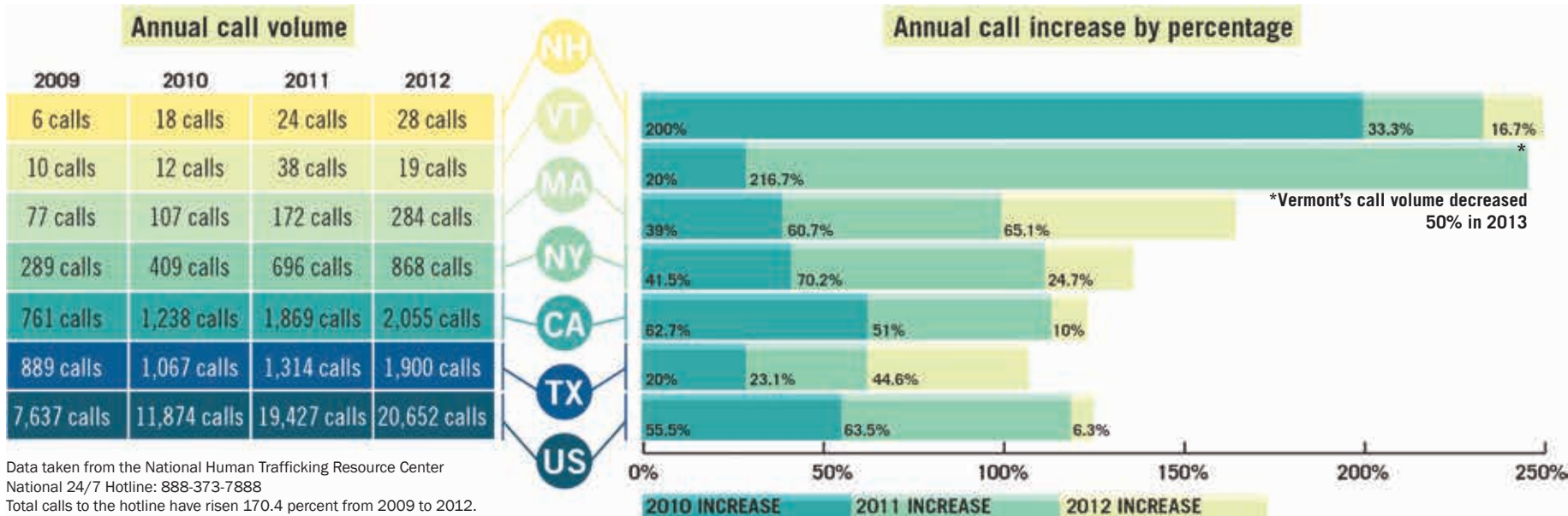
At hotel chains such as Radisson and Marriott, employees are trained to spot trafficking. Employees at Amtrak are too.

“A Call to Action: Human Trafficking in our Backyards?”

When: Wednesday, Oct. 16, from 7:45 a.m. to noon

Where: Crowne Plaza Nashua Hotel, 2 Somerset Parkway, Nashua

Contact: Visit stjosephhospital.com/Human-Trafficking or call 595-3168



People can watch for anyone who appears especially subservient, who seems to be moving slowly in assimilating to a new society, not learning the language, not going to school, not sending children to school, who is never alone and suffers potentially abusive injuries. By themselves, Sullivan said any of those circumstances can be explained away, but officials can begin to spot patterns.

“That’s all we can ask people to do, be hyper alert,” Sullivan added.

Creating awareness

Matheson compared public awareness regarding human trafficking today to awareness of child sexual abuse in the early 1980s. At that time, people simply believed it didn’t happen. Years ago,

domestic violence sort of occurred in the shadows too.

“It’s come a long way, but it’s taken time,” Matheson said. “I think human trafficking is the issue that we’re going to see in the next decade come out of the closet. It’s happening, and it’s happening here, not just in cities but in rural communities.”

It is important to train law enforcement and medical professionals to spot signs of trafficking, but it’s also create awareness so that the mailman or the cable guy knows to call authorities if he spots something suspicious, Matheson said.

“We’ve got to educate ourselves,” O’Connor said. “It’s difficult reading. It’s painful reading, but it’s very important reading.”



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political ★ ★ ★ ★ ROUNDUP

By Jeff Mucciarone
jmucciarone@hippopress.com

Apparently, if you ask **Scott Brown**, **Sen. Jeanne Shaheen** should be ashamed of herself for trying to use speculation about Brown challenging her to garner fundraising dollars. Brown, who visited Hampstead last week, told the Boston Globe it’s shameful for Shaheen to be fundraising off the possibility of Brown’s running in New Hampshire because he’s not a declared candidate.

“Karl Rove’s been talking up a Brown run for months, hailing him as a “ninth generation Granite Slater,” according to a fundraising email from Shaheen’s husband Bill sent on Monday, Sept. 30.

“With Rove trumpeting his cause, Brown would have access to millions in support from secret, shadowy Super PACs. They’re desperate to take control of the Senate and turn it into the House.”

In an interview with the Union Leader last week, Brown, a Fox News contributor, wouldn’t rule out a run for Senate, but he said that wasn’t his priority. (He also recently said he’s exploring running for president.) He said he would continue to visit the Granite State. Brown fueled further speculation last month, when it was revealed he had put his Massachusetts home on the market. Brown also owns a home in Rye.



Kelly Ayotte

Jim Rubens, a candidate for U.S. Senate, launched a web video advertising campaign last week. The video is meant to portray Shaheen as out of touch on issues, including the Affordable Care Act and the conflict in Syria.

As she did last year as well, Shaheen is working to protect funding for a federal program providing low-income New Hampshire residents with heating assistance. Without action, the program could see its funding reduced to \$2.82 billion from \$3.46 billion.

Matthew Slater, executive director of the state GOP, has resigned and will move back to New York, reported WMURPoliticalScoop. Slater began as executive director in April. He is expected to stay on while the party finds a replacement, the article said.

Republicans refused to give on the Affordable Care Act in the government shutdown showdown last week, but **Sen. Kelly Ayotte** voted to make sure military members were paid during the shutdown.

U.S. Sens. Jeanne Shaheen and Kelly Ayotte opted to donate their salaries to New Hampshire charities as long as the federal government is shutdown. **Reps. Annie Kuster and Carol Shea-Porter** said they would not forgo their salaries, but would continue to make charitable donations, reports indicated.

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Mrs. Fixit

New superintendent takes on her first year in Manchester

Dr. Debra Livingston took over the top education job in Manchester over the summer. It's been a turbulent few years in education in the Queen City, with classroom overcrowding last year and the communities of Hooksett and Auburn ending agreements to send their high school students to Manchester, along with some discord between the school board, school administration and aldermen come budget time. Livingston, who succeeded Thomas Brennan, was most recently the superintendent for the Fall Mountain School District.

Q: *How are things going so far?*
Things are going very well. It's very evident that the professionals here, teachers and administrators, school board members, are very focused on helping students achieve.

How smoothly did the start of the school year go?

We set a goal for what we wanted the first day of school to look like. ... What is it going to look like for children ... for parents? ... Our goal was that within 10 minutes of children being in their classrooms, they were learning.

How did that play itself out?

Very well. Probably the most difficult part of this, so many of our students register a week or less before school starts. It is very hard to anticipate how many children would be coming into each school and classroom. We did have some classes at the elementary and middle school level that were over the level we'd like to see. We've worked to address that.

Last year, class size was [an issue]. Where do we stand as far as class sizes?

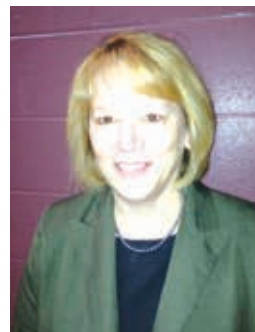
At the middle school level, we have a few classes that are over at McLaughlin [Middle School]. Some of that occurs because of the way a middle school is set up. ... We're still working on that with the principal. As of [Monday, Oct. 30], we were making some final moves. Unfortunately, we had to ask a couple of teachers to move into a different grade level and in some cases into a different school.

[Livingston spent most of her career in Texas.]

For 20 years, I had worked in the Socorro Independent School District in El Paso, Texas. When I started as a teacher there were 10,000 students. When I decided to enter the superintendency, there were 37,000 students. ... I had lived here in New England, before moving to El Paso. ... Our family plan was that eventually I would like to move back into the New England area. I saw an advertisement for the superintendency in Fall Mountain School Dis-

Five favorites

Favorite Movie: *Out of Africa*
Favorite Book: *Fried Green Tomatoes* by Fannie Flagg
Favorite Music: Classical
Favorite Food: Seafood
Favorite Thing About NH: The seasons



Dr. Debra Livingston

trict ... and was very fortunate to be the superintendent there for six years.

What appealed to you about this opening?

I love working with a diverse population. In El Paso, it's about 90

percent Hispanic. ... [There are a] lot of second language learners here. I've always enjoyed working with students and families who are new to the United States and new to the area. So that was definitely a draw. ... I really enjoy working with SIG schools [schools receiving federal School Improvement Grants]. In Fall Mountain we had one [SIG] school. And that school actually received an award from the commissioner of education for the growth we achieved. So having seven priority schools here ... again, I really felt like that was a match.

What do you see as the strengths of the district?

The people. When I was here for my interview ... to be very honest, I wasn't sure ... this was the direction I wanted to go. But after meeting with teachers, students and administrators, it was really obvious Manchester is really at a tipping point with education. ... To me, the challenge and the excitement of that ... really resonated with what I wanted to do as a superintendent.

What do you mean by tipping point?

I feel like the school board is open and ready to be very innovative, to continue to think outside the box as far as the way we educate children. The other wonderful thing to have happened with a new superintendent is that the audit is complete. That really is a road map.

Where do you see some areas that need improvement?

Student achievement, absolutely. There's no question that educating children where schools have high poverty rates and where English is spoken as a second language is difficult, but it's also very doable. It's about setting that expectation and believing and then being very supportive.

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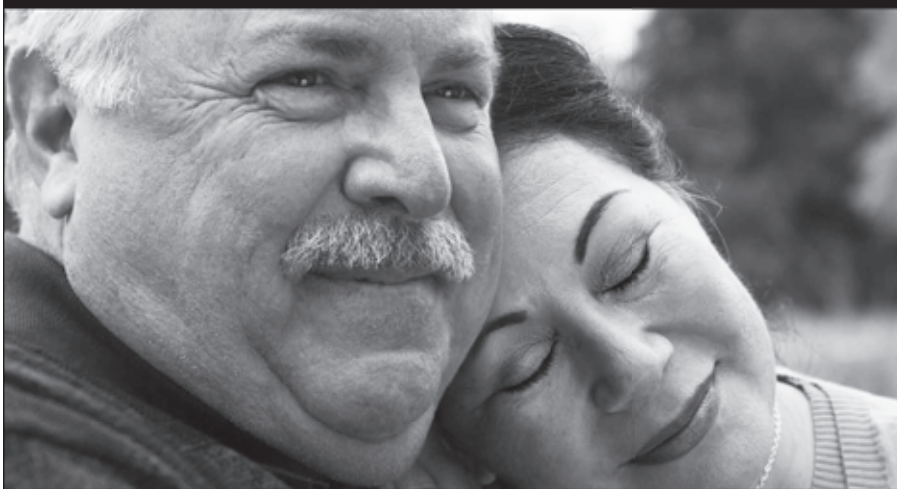
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How does the situation with Hooksett impact the district?

My hope is that we can work on the relationship with Hooksett. Again, I understand the beginning of the school year was difficult on some students and parents. We really can't go back, but we can move forward. ... I want to try to rebuild that relationship. I think we need to focus on building outstanding programs that attract parents and students.

Can you give an example?

I know the big-picture vision is we need to work toward having as many students as possible graduate from our schools with at least one year of college under their belts. ... I've worked with early-college high schools before. The standard becomes much higher, especially for our population of students who may be first-generation college-goers, as I am.

Are we where we should be in terms of staffing?

We still are looking at 30 positions for grades 4 and up, and then 25 in the younger grades. If we can decrease that, relationships can be stronger ... although we know there are a lot of strategies we can teach teachers to be able to handle that many students. ... Our goal [is] to reduce class sizes wherever possible.

Why did you go into education?

I've always loved it since I was little. ... One of the houses my parents had, there was a little white shed out back. My brothers and sisters and I converted it into a school, and so I was teaching very early [laughing]. ... I just love the kids. I love when people talk about that spark or [the kids] ask you a question or they make you laugh because they've thought about things in ways you hadn't thought about.

What grades did you teach?

I taught 7 through 12. I taught writing, reading and English. My major is social studies but I never had a chance to teach social studies...

At one point did you decide to go into the administration?

When I was teaching high school I became a department head. I just thought I might be able to serve or offer some other insight.

When you were getting started here, what was your mental approach here?

My approach was really building relationships. ... I took every board member out to lunch and every principal out to lunch. I'd ask different questions [like] what they thought I should work on first.

Did you find patterns in terms of what they wanted you to get started on?

Oh yes. Student achievement, number one.

Where do you stand on the Common Core?

When I look at it from a teacher's point of view, especially if I was a new teacher, it really

helps me understand what kids need to know and be able to do and gives me an idea of what I need to do as well. From a parent point of view ... these are things I want my grandson to know. They are challenging. I think there is a misconception that there isn't a lot of content. There is an awful lot of content, but some is different in the approach. ... I've worked with the Common Core for several years at Fall Mountain. ... Here, we basically started working the most intently this summer.

So the district is behind?

Yes, and I've told the board. I really feel like we're at least two years behind in developing the curriculum and understanding the standards.

What do teachers say?

I have not heard any concerns about the standards. ... The talent is here to develop it to a standard we want.

Did Dr. Brennan provide any advice that you would share?

[We] had a great conversation and he again focused on the people here, the commitment the dedication, the ability, the talent.

What's your favorite part about the job?

I love visiting schools. ... The kids are just so cute. And very thoughtful. My first day, the day before school started, I was over at Beech Street School. ... This little boy was sitting by the door and there were two seats there. I said "Hi" to him, and he moved over and patted the seat so I could sit down. And then he told me what he was going to learn in kindergarten and about all the friends he was going to make. Kids are very open and honest.

[Livingston said she loves to ask students questions.]

'If you were superintendent, what would you do to make your schools better?' Sometimes it starts with lunch and recess, but generally it does go down to 'I wish we could do this' or 'I know this school does this. Is there a way we could do that in our school?' I like to ask about their plans after high school. To me that is a sure sign of an excellent climate and culture when students can again get beyond 'I want to be a pro athlete,' and at Beech Street, they're talking about being scientists, researchers, doctors. Here are little kids ... who already have goals set.

The last year there was a lot of negativity in the media surrounding the schools. Does that get down to the students?

Yes, it does. I would tell you that the students have shared that with me. Many times they've shared they don't understand where that's coming from. Because they do really like their school system. They feel like there are many, many opportunities for them, not just courses during the day, but athletics [and] extracurricular activities. — Jeff Mucciarone



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NEWS & NOTES

QUALITY OF LIFE INDEX

Home sales and prices still rising

The 1,685 residential home sales in August marked the most home sales in New Hampshire since August 2005. For the 21st consecutive month, the state experienced a year-over-year increase, as August 2013 outpaced August last year by 12 percent, according to the New Hampshire Association of Realtors. The price of homes jumped 13 percent last month as well. The median sale price was \$220,000 in August, compared to \$195,000 in August last year. Year-to-date numbers in 2013 continue to be on the upswing as well. For the first eight months combined, compared to 2012, closed sales are up 12 percent, median price is ahead by 10 percent, and sales volume saw an 18-percent increase.

QOL Score: +1

Comment: "It's hard to say how long demand will continue to outpace concern over higher mortgage rates, but for now that remains the trend," said NHAR President Bill Weidacher. "The buyer leverage of the past five or six years has swung back to the point where, in most New Hampshire markets, it's either a seller advantage or at least a balanced market."

Nashua's water protected

The drinking water supply for Nashua residents and surrounding communities was recently protected through a conservation easement on 218 acres of land owned by the Pennichuck Corporation on the north side of Pennichuck Brook. The Society for the Protection of New Hampshire Forests purchased the easement, which protects the property from future commercial and residential development, in partnership with the Department of Environmental Services and the city of Nashua. Pennichuck Corporation supplies drinking water to Nashua and 10 surrounding municipalities from an intake just downstream from the protected land.

QOL Score: +1

Comment: The project garnered the largest Aquatic Resources Mitigation Fund grant — about \$960,000 — in the history of the DES program because of its significant benefits for water quality and the local ecosystem.

So much for fall camping

The federal government has ordered all 22 federal campgrounds in the White Mountain National Forest to close as part of the ongoing government shutdown, as reported by the Union Leader. This is bad news for the campgrounds and potential campers, and with Columbus Day weekend coming up, the closures could also affect area businesses. Tourism officials did say that other private campgrounds in the area will be open.

QOL Score: -2

Comment: The federal shutdown is bad news for leaf-peeping drivers, too; the UL also reported that nearly a dozen restrooms along the Kancamagus Highway in the White Mountain National Forest are closed.

State budget looks good

The Associated Press reported that the state's budget showed a \$76 million surplus for the fiscal year 2013, which is \$19 million more than lawmakers had anticipated. Gov. Maggie Hassan credited strong fiscal management by the state leaders and an improving economy.

QOL Score: +1

Comment: In the article, Hassan reportedly said that as of last week, the monthly forecast showed the state running about \$27 million ahead for the 2014 fiscal year.

QOL score: 71

Net change: +1

QOL this week: 72

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SPORTS DAVE LONG'S LONGSHOTS



D.C. could learn from baseball

Thanks to the many elected officials in D.C. these days, who by comparison make **Forrest Gump** seem more like **Thomas Jefferson** by the hour, the big hoo-ha

"in our nation's cap-i-tal" is the renewed battle over Obamacare, which depending on who you listen to is anything from a great step forward for mankind to an economic calamity the scale of which has never been seen in humankind. The former attitude comes from just about every Democrat you see, and the latter from the publicity-craving senator from the not-so-great state of Texas **Ted Cruz**.

Nirvana, or the destruction of life on Earth as we know it — nothing in between.

So who do you believe? Well, I'm not likely to give credence to the party now yacking about their ability to see what's coming down the line, after being in power for the eight years leading to the largest economic meltdown in 80 years. Call me crazy, but that eliminates their benefit of the doubt. Especially since the guy in charge then also came from Texas, a state where voters have kept the biggest bust of the last presidential primary season, **Rick (oops) Perry**, in the governor's mansion for the longest time in state history since sending LBJ to Washington a while back, where he bungled and expanded the Vietnam War, and now have sent the dingbat Cruz to Congress. People say California is the loony bin of the country, but with its stance on guns and a political track record like that, not to mention its taste in hats and footwear, I say it's Texas.

Plus I'll admit to being the equivalent of a racial profiler when it comes to politics. So Cruz's being a dead ringer for the equally publicity-hungry Red Scare menace **Joseph McCarthy** creeps me out. Thus, there's absolutely no shot I'd listen to him on anything, let alone the fate of mankind. Of course the Democrats have never seen

a problem they don't think money can fix, so they don't inspire much confidence, and neither does the president after so miserably explaining his pet project to all of us.

Now, I am not an economist, so I'll stipulate that grasping what the economic impact of Obamacare will be is way above my pay grade. Thus I don't have a clue. But I am a historian of sorts and can tell you I've heard all this armageddon non-sense before, starting with **Ronald Reagan's** calling the 1964 presidential election the most crucial in U.S. history. That was right before his guy **Barry Goldwater**, who was willing to use tactical nukes in Vietnam, got crushed worse than the Patriots in the 1986 Super Bowl. But somehow we survived, just as we have in the 12 presidential elections since, when every candidate I can think of evoked the exact same sentiment, if not the exact same words.

Now, this is in a sports column because all this bluster reminds me of the early days of baseball's free agency, something the owners went into kicking and screaming after a federal arbiter ruled the reserve clause binding players to a team for life was an anti-trust violation. At that time they said the rising salaries that would come in a free market would destroy the game. Funny how guys who used the free market economy to make all their money were all for it until it wasn't in their favor. Then they wanted protection from it.

That ruling was the culmination of a battle started when **Marvin Miller** became head of baseball's Players Association in 1966. Interestingly he was hired by a group led by then lefty union organizer and now retired conservative Kentucky Senator **Jim Bunning** — who at the time was a righty hurler for the Phillies. It started the same kind of acrimonious relationship existing in Washington today, where the owners cried gloom and doom, while Miller called them liars. The biggest problem for the owners then was that Miller and his even more intractable successor, laughing boy **Donald (have**

no) Fehr, were smarter than they were and kicked their tail in every battle for 40 years — a battle between warring sides so focused on their interests they were too blind, dumb or greedy to realize neither side could exist without the other. That meant they were in it together and thus partners in the business of baseball.

But guess what, Armageddon didn't happen. In fact, it was the opposite, as along with the media evolution under way, free agency was the best thing that EVER happened to the business of baseball. The annual free agent pool brought attention all winter long that never existed before. It gave hope to bad teams because they could get better sooner by signing a top player, which also juiced the box office. It also put baseball's marquee team — who played in the media capital of the world — back at center stage just as technology was about to revolutionize the media and provide astronomical new money sources.

The end result was that the "worst thing that could happen to baseball" skyrocketed franchise values beyond belief to the point where the guy most responsible for rising player costs — George Steinbrenner — saw the team he bought for \$20 million in 1973 be worth \$1.5 billion when he died 35 years later. And despite the howls, the feared free market helped every owner to the point where a complete bungler named **Frank McCord**, who ran the Dodgers into bankruptcy, somehow emerged with a \$1.8 billion profit after owning them for just six years by selling to **Magic Johnson's** group for something north of \$2 billion.

All of which brings me to the point of this diatribe. I don't believe either side has a clue what the economic impact of Obamacare will be. And all the bluster is just noise from people too intensely focused on silly ideology and not on what matters most — serving the American people 🐘

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Sports Glossary

Top 5 most critical presidential elections:

(1) **George Washington** in 1789 — OK, it was purely an Electoral College vote, but you get the picture. (2) 1856, **Abe Lincoln** and slavery. (3) 1932, **FDR** — after 10 years of Republican laissez faire ways led to the Depression. (4) Tie — **Reagan** taking over after the calamitous **Carter** presidency and **Obama** taking over after the even more calamitous **Bush-Cheney** White House. (5) **Harry Truman** — started the battle to contain communism. Honorable Mention: a succession really, but honorable **Jerry Ford** taking over for dishonorable **Richard Nixon**.

George Washington's Electoral College:

Considering the acrimonious political gridlock of today, it seems unfathomable, but he received 100 percent of the vote. Not even **Willie Mays** got that when elected to Baseball's Hall.

1986 Super Bowl: Official name: Super Bowl XX. Played on Jan. 26, 1986, but was the championship game for the 1985 season. Final score was 46-10, but trust me, it wasn't nearly that close as da Bears' defense OVERHWELMED the Pats, especially their petrified starting QB **Tony Eason**.

Joseph McCarthy: Alcohol-soaked, commie-crazed U.S. senator whose communist witch hunts in the early '50s didn't ever get anyone for as much of a parking ticket. That suggests that, despite all the fear and loathing of his reign, it was more about megalomania than civic concern. But the Red Scare was just part of the fun of the warped crusade, as he also sought to destroy gay people in and out of government — an interesting effort when his No. 2 guy was hatchet **Roy Cohn**, who turned out to be a closeted gay man himself, who died of AIDS during the epidemic's high point in the 1980s.

Rick (oops) Perry: Likeable fellow who entered the 2012 Presidential Race sweepstakes as the overwhelming favorite to win the nomination. But once he got out on the campaign trail where talking was required it all came off the rails as he demonstrated he was simply (a) a guy with a bad memory, (b) a bad campaigner, (c) a regional candidate, (d) the darling of the whackos on the far right, or (e) a dope.

SPORTS DAVE LONG'S PEOPLE, PLACES & OTHER STUFF

Wading into history books

The Big Story: There are games that are big games and then there are ones that are BIG, and the one had by **Jesiah Wade** is arguably the BIGGEST game in New Hampshire football history. It came as he accumulated an astonishing 556 yards as he scored 6 TDs in leading Central to a 56-35 clubbing of Merrimack Friday night. He did it on just 31 carries, for an equally astonishing 17.3 yards-per-carry average, as he registered the 12th-best rushing game in high school football history according to the National High School Record Book.

Sports 101: The only unassisted triple play in World Series history happened on Oct. 10, 1920. Who did it?

Hot Ticket: It's the game at Pinkerton on Friday night between undefeated Concord and the once beaten Astros who have rebounded from a 14-12 loss to Bedford in the season's first week to win four straight, including a 61-21 win last week over Memorial.

Undefeated: The playoff picture hasn't quite taken shape in Division I football, but three teams remained undefeated and in Position A for a berth. Bedford stayed there by virtue of a 50-0 win over next-door neighbor Goffstown as six different players each scored a touchdown. Nashua South did it by handing Exeter its second straight loss in a 28-6 verdict in the Gate City, while Concord moved to 5-0 with a 41-7 thumping of

Londonderry. The Crimson have the most interesting immediate challenge as they face once beaten Pinkerton this week and then take on Bedford in two weeks at home. Dead ahead this week for the Bulldogs is Memorial, while South plays at 2-3 Dover. Stay tuned.

Nick of Tyme Award: To Central's **Mikayla Nguyen**, who gave the Green field hockey team a 1-0 win over Timberlane when she got the game's only score with just 28 seconds left in OT.

Sports 101 Answer: Cleveland Indians shortstop **Bill Wambgsanss** recorded the only triple play in Series history in Game 5 vs. Brooklyn in 1920.

On This Date – Oct. 10: 1916 – Charlie Ebbets is first owner to raise World Series ticket prices by charging \$5, up from \$3 for grandstand seats in Game 3 between Brooklyn and the Sox. **1923 – First World Series** game played in Yankee Stadium. **1951 – Joe DiMaggio** goes 1 for 2 with 2 walks in his final game as the Yanks take the World Series in six games over the Giants. **1957 – Lew Burdette** wins third game in the series as Milwaukee downs the Yanks 4 games to 3. **1994 – The New York Giants** retire **Lawrence Taylor's** number 56. **Born: 1969 – Brett Favre**, not pronounced Fa-VRA. **Died: 2004 – Ken Caminiti**, 1996 NL-MVP.

The Numbers

4 – different players scoring for Trinity in a 4-1 win over West as **Sidney Elithorpe**, **Ashley Brenner**, **Hannah Brewitt** and young'n freshmen (the first) **Noelle Theodoulou** each put one in the net.

5 – touchdowns by **Manny Latimore** while rushing for 225 yards in leading Pinkerton to a 61-21 win over Manchester Memorial.

8 – straight wins for the now 8-2 Central boys after 5-0

and 3-0 wins over Spaulding and Salem on Thursday and Saturday.

20.0 – yards per carry gained by Trinity's **Saikou Bah (humbug)** as the Trinity ground game overwhelmed Kearsarge in a 36-6 win as he ran for 161 yards on 8 carries while **Brad Rhoades** and **Austin Chambers** averaged 10.1 on 7 carries and 17 yards per on 3 carries respectively as the trio combined for 286 rushing yards and all 4 offensive TDs to

go along with another collected by Rhoades on pick 6.

34 – consecutive wins for the Exeter girls' soccer team after 3-0 and 3-1 wins over Memorial and Pinkerton last week.

43 – points put on the board by Concord as it moved to 5-0 on the year with a 43-7 pasting of Londonderry when **Marc Gaudet** scored four TDs, **Walter Ndi** chipped in with 2 more and QB **Robert (L.A.) Law** was a perfect 8-for-8 while throwing for 113 yards.

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ksennott@hippopress.com

Every September, New England gets a big dose of pumpkin.

Make that a colossal dose. Come fall, *everything* is pumpkin flavored, from beer to coffee, ice cream to Pringles. You can't walk into a restaurant without hearing about its limited-time, festive pumpkin ale, and similarly, it's hard to walk down a grocery aisle without being accosted by pumpkin-flavored everything.

In New Hampshire especially, the pumpkin-ness is inescapable. Not only is it at the center of the state's most famed festival, but thanks to a handful of third- and fourth-graders at Wells Memorial Elementary School in Harrisville, it's also our state fruit.

"It's part of living in New Hampshire. ... Pumpkins are just so beautiful and iconic at this time of year," said Kristine Mossey, president of the New Hampshire Farmer's Market Association.

Admittedly, she's biased; Mossey was born on Halloween.

Hudson Pumpkin Festival

It's on Friday, Oct. 18, from 4 to 8 p.m.; Saturday, Oct. 19, from 11 a.m. to 8 p.m.; and Sunday, Oct. 20, from 11 a.m. to 5 p.m., at the Hills House Grounds, Route 102, Hudson. The event features carnival rides, games, crafters, food, children's entertainers, a classic car show, pony rides and a climbing wall with free admission. Visit hudsonpumpkinfest.com

"But they're useful, too! You're getting a lot of bang for your buck with a pumpkin. You can use it for decorating, but you can eat it as well."

The best thing to do is to embrace it: From Cinderella's carriage to Charlie Brown's Great Pumpkin, to your mother's favorite nickname, you're not going to find a fruit or vegetable with more staying power. The Hippo talked with New Hampshire's farmers, artists, carvers and cooks for a twist to your traditional gourd-geous fall.

Who the heck is Jack O'Lantern?

And why is he so famous?

The first step to building (or maybe creating, if you're already tired of orange) your love of pumpkins is to learn about why we carve and light them in the first place. The exact origin of today's malicious Halloween emblem is uncertain, though there are many folkloric stories that suggest an explanation.

Most are about a guy named Stingy Jack the farmer. According to legend, Jack tricked the Devil into climbing a tall tree to pick a piece of fruit. When the Devil reached the highest branch, Jack carved a large cross into the trunk, which prevented the Devil from coming down. The Devil then made a deal with Jack: the Dev-

il promised never to tempt Jack with evil again if Jack would remove the cross so that he could pass. Jack agreed.

Legend says (or at least this version, sent to The Hippo by Diane Souther of Apple Hill Farm in Concord, says) that when Jack died, he was turned away from Heaven for his sins and away from Hell because of his trickery. He was forced to wander Earth without rest. So, to light his way, he carved one of the turnips from his farm and lit it with an ember from the Devil. The Irish referred to this ghost as "Jack of the Lantern," and eventually, "Jack O'Lantern."

As true with most folk tales, several versions of this story exist.

The History Channel tells a similar tale (it features a bar scene — no joke here), yet it too alludes to the idea that our Halloween symbol began with.

History.com reports that people in Ireland and Scotland began making their own versions of Jack's lantern in turnips, beets and potatoes in order to scare Stingy Jack and other wandering spirits away. Immigrants supposedly brought these customs over to the States but began utilizing North America's more commonly available orange pumpkin.

Plus, gourds helped the Pilgrims survive

Gourds in general have been prized for centuries, and not just because of Stingy Jack.

Winter squash (the kind that looks like a pumpkin) goes back to the pilgrims, which is also likely why it's so inscribed within New England culture, said George Hamilton, UNH Cooperative Extension Field Specialist of Food and Agriculture in a phone interview.

It's important to note early on that the term "gourd" will not only refer to the fruits in the Cucurbitaceae family (which includes pumpkins, cucumbers, squash and melons). When someone says "gourd" in reference to a particular food that's *not* pumpkin, squash, melon, etc., he is usually referring to the fruit that many artists dry out and use in creating long-term art. (We'll get to specifically how they use

Keene Pumpkin Festival



They're going for it again: On Saturday, Oct. 19, from 8 a.m. to 8 p.m., the organizers of the Keene Pumpkin Festival want to carve and display more than 30,128 pumpkins, which was Boston's 2006 record. Last year's festival in Keene produced 29,381.

"It was really close," said Ruth Sterling, who organizes the marketing for the Keene Pumpkin Festival.

You might have seen how close last year on HGTV; Keene was featured as part of *Pumpkin Wars*, a special hosted by *Property Brothers* stars Jonathan and Drew Scott.

The day-long festival is famous across the globe for its sparkling pumpkin displays (particularly that pumpkin-lit tower!) and its eight world records. It was festival creator Nancy Sporborg who introduced the Guinness category for Jack O'Lanterns, and she's looking to bring the record back to Keene.

C&S Wholesale Grocers will be providing 20,000 Vermont-grown pumpkins for the festival, and schools, organizations, businesses, neighborhoods and families who are looking to carve 25+ are encouraged to register. For a smaller amount, there's no need; you can arrive at Pickup Day, on Tuesday, Oct. 15, from 7 a.m. to 6 p.m. Call 762-2192.

"This surprise gift gives the community a head start on bringing home the world record, inspires and challenges us to give our best effort," Sterling said in a press release.

Because this year's focus is on pure quantity, organizers decided to forego the annual pumpkin carving competition. There will be a haunted church and carving demos.

Calendar of events:

8:30 a.m.: The **Great Pumpkin Mile** travels up Washington St. and follows Winchester Street, roundabout and back.

Noon: Between now and 2 p.m., the "Pumpkin Patch" at National Grange Park on West Street features activities for children.

Also between noon and 8:15 p.m., visit the **Food and Craft Court** on Commercial St. The ever-famous **Pumpkin Tower** on Central Square will be on view between noon and 8:15 p.m. Live musical entertainment on the bandstand and at other selected locations carries on through the rest of the day.

12:30 p.m.: The **Pumpkin Festival Children's Costume Parade** starts now.

Children of all ages, decked out in Halloween costumes, will parade down West Street and continue down Main Street.

2 p.m.: **Pumpkin Bowling** is on West Street and occurs after the parade clears up. Participants will bowl with hard, pie pumpkins on what is normally one of New Hampshire's busiest streets.

6:50-6:55 p.m.: Guinness World Record Attempt

8 p.m.: Count announced

8:30 p.m.: The **Pump(kin) Dump Derby:** The race to clean up the Keene Pumpkin Festival, organized by Keene State College.



Janna and Alexis Peterson are picking pumpkins at Mack's Apples in Londonderry. Kelly Sennott photo.

these gourds later.)

Gourds, said Merrimack gourd artist Micheline (who prefers to go only by her first name), were also prized in early civilizations because of their great utility.

"Pilgrims used [hard-shelled gourds] to keep their eggs. Romans, Egyptians, years ago, they'd keep their wine in it. They'd use them as vessels. If you take a small one, slice it sideways, it becomes a ladle," Micheline said.

Gourds themselves are also arguably some of the oldest, if not the oldest, domesticated plants in the world, Micheline said.

Pick a pumpkin, any pumpkin

Part of what's so endearing about New Hampshire's state fruit is how versatile it is. Not only is it used in decoration (carved, scraped, painted or un-touched), but there

Pumpkin bean dip, courtesy of Kristine Mossey

"One of my favorite things to do is to take a pumpkin, hollow it out, and bake it to keep my dip in. It's very festive for a fall party," Mossey said. "It gives the dip a better flavor ... you can eat the pumpkin flesh, too, down at the bottom."

- 1 small cooking pumpkin
- 1 can of refried beans
- ½ package of cream cheese
- ½ package of taco mix

Scoop the seeds out of the pumpkin and bake it whole for one hour at 350, or until the pumpkin is cooked. While the pumpkin is cooking, mix the refried beans, cream cheese and taco mix in a saucepan over medium heat until it's warm. When the pumpkin is ready, pour the bean dip in the pumpkin and top with shredded cheddar cheese. Put the pumpkin (with the bean dip inside) back into the oven until the cheese is melted.

are so many ways you can eat it.

"You can put hot dip in a pumpkin. You can make meatloaf in a pumpkin. You can use little pie pumpkins to serve soup in. It's a festive thing to do," Kristine Mossey said in a phone interview.

It is, however, pretty important that you know what you're going to do with your pumpkin before you shop. The bargain fruits sitting in a wire cage outside Walmart, for instance, won't taste great (probably not even good) in an autumn stew.

"Carving pumpkins and pie pumpkins are different. When we grow pie pumpkins, they're usually a few pounds. When you go to a farmers market, you should ask the farmer whether it's a pie pumpkin," Mossey said. She has her own pumpkin farm in southern New Hampshire. "Pie pumpkins often have nicer textures, thicker flesh and tastier meat inside."

For cooking, Mossey loves the Long Island Cheese Pumpkin.

"As a family, that's our favorite to use for pie. Some people think it looks more like a squash ... the flesh is so thick, and it has a very small seed cavity," Mossey said.

Most farmers markets will also offer sugar pumpkin and winter squash for cooking.

Carving pumpkins, on the other hand,

How to roast your pumpkin seeds Courtesy of Diane Souther

1. Rinse your pumpkin seeds under cold water and pick out the pulp and strings. (This is easiest just after you've removed the seeds from the pumpkin, right before the pulp has dried.)
2. Place the pumpkin seeds in a single layer on an oiled baking sheet, stirring to coat. If you prefer, omit the oil and coat with non-stick cooking spray.
3. Sprinkle with salt and bake at 325 degrees until toasted, about 25 minutes, checking and stirring after 10 minutes.
4. Let cool and store in an air-tight container



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are grown to be big.

That's what 9-year-old Freddy Stern was looking for, anyway, when he went pumpkin-picking at Mack's Apples in Londonderry last week on a bright, 80-degree sunny afternoon. He had a few Halloween-themed stencils he was looking to fit on the large, orange pumpkin he picked out, which was almost too big for him to pick up.

Experienced carvers like Jim Flis look for pumpkins free of blemishes and rot spots. (Rot spots decrease a pumpkin's shelf life; warts and strange growths make carving more difficult because they make the area around them very dense.)

I'm tired of pumpkin carving!

Ditto!

Those brave souls who aren't afraid of Stingy Jack the ghost might want to try stenciling, burning, painting or zentangling on gourds instead.

This weekend, on Saturday, Oct. 12, from 10 a.m. to noon, Wild Salamander (30 Grove St., Hollis) hosts a Zentangle Pumpkin workshop (\$30, which includes the pumpkin). The class is open to artists and non-artists ages 8 to 80.

Zentangle art teacher Suzanne Binnie began zentangling (a patented pen-and-ink art form that contains repetitive patterns) years ago, and because she loved it so much, she began "zentangling" on everything. The design, she discovered, looks particularly great on pumpkins.

"They [Zentangled pumpkins] make gorgeous centerpieces," Binnie said. "The design is very dramatic, particularly those with black ink on a white pumpkin."

Plus, she said, you get to forego scooping out the cold pumpkin goo. At the workshop, students will create on plastic pumpkins (so they'll last longer), but this

24th Milford Pumpkin Festival

It's this weekend, from Friday, Oct. 11, through Sunday, Oct. 13. The festival opens at 5 p.m. on Friday with the **Chili Roundup and Beer, Wine n' Spirits Tasting** on the Community House lawn. Following is the **Milford Town Hall lighting**, followed by the presentation of Milford's **Citizen of the Year** award. Fireworks at 8:45 p.m.

On Saturday, Oct. 12, fair-goers are encouraged to **bring pumpkins and gourd art** to the Oval to help fill the bandstand for the lighting at 7 p.m. Before then, you might find see a few zombies; the "Undead" can meet at 6 p.m. at the Community House Lawn for **costume judging**, followed by a **Zombie Walk** to the Oval. The 7th Annual **Pumpkin Festival Talent Show** is on Saturday, Oct. 8, at 8 p.m. (\$8). Also not to miss: the **Great Pumpkin Weigh In**, the **pumpkin catapult** and **scarecrow-making**. There will be food, arts and crafts.

Find the event on Facebook for updates.

technique works just as well on real pumpkins, too, Binnie said. She advises artists to use extra-fine-point oil pens. (For tips on how to zentangle, check out zentangle.com.)

Another way to freshen up your pumpkin art: try creating with dried-out gourds instead.

True, it's not for the faint of heart; it requires a bit of elbow grease, and you might need to use a jigsaw in order to cut it, said Milford artist Lynn Desmarais, but the result is charming.

"I make Santas, turkeys, pumpkins, bowls, baskets, ornaments, but most of the time, they're meant for decoration," Desmarais said.

She discovered the gourd-eous artistic method 12 years ago when she first became a stay-at-home mom. She was at a White Mountain Painters Guild meeting, and a

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Pumpkin apple crisp, Courtesy of Diane Souther

Apple layer

1/3 cup brown brown sugar (or maple sugar)
1 tablespoon cornstarch
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/3 cup of water (or sweet cider)
3-4 medium-sized tart apples
2 tablespoons of butter

Pumpkin layer

3/4 cup canned pureed pumpkin (or use fresh)
3/4 cup heavy cream (or evaporated milk)
1/3 cup granulated sugar (or again maple sugar)
1 egg
1 teaspoon cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon cloves
1/4 teaspoon salt

Crisp topping layer

1 cup flour
1 cup dark brown sugar
1/2 to 3/4 stick of margarine or butter, slightly softened
1 teaspoon cinnamon

In a medium saucepan, mix the brown sugar, cornstarch, ground cinnamon, salt and water. Stir together, then add butter. Place on a burner, bring to a slow boil, and then add the apples. Cook and stir for four minutes. Turn off heat and let cool slightly. In a separate bowl, mix together the pumpkin mixture until smooth. In another bowl, mix together the crisp topping layer until crumbly. Then, in a 9x13 pan, spread out the apple mixture from the saucepan, pour the pumpkin layer on top, and then add the apple crisp topping. Bake 350 degrees for one hour or until the mix is bubbly.

fellow member had brought in a dried, decorated gourd.

"I thought they were so cool," Desmarais said. "They're so unique. At the time, very few people did anything with gourds. Each [piece of gourd art] has its own personality because each gourd is different. It's not like painting on a piece of wood."

The art form isn't quite as prevalent up north as it is down south, where the growing season is longer, the gourds grow to be thicker and the climate is better for drying them out.

"We get our gourds from a farm in Georgia," Desmarais said. "They're already dried out. We start out by scrubbing the outside, getting the mold off, and then we bleach them. My dad does the cutting, I clean the insides, and then I paint them."

Her Jack O'Lantern, ghost, basket or holiday decoration is finished with a coat of varnish. The end results look nothing like gourds.

The American Gourd Society is a great resource for aspiring gourd artists (americangourdsociety.org includes links, publications, FAQs, etc.). There is even a gourd art-dedicated magazines called The Gourd Magazine, which offers tips for gourd decoration and gourd art product reviews.

People are certainly interested in Desmarais' gourd art when she shows at fairs and festivals.

"The majority of people, they'll come up to the booth and say, 'What is this?!'" Desmarais said.

"What I do takes so long, it's nice to know that it's going to last forever ... and there's so much with them you can do. You can make them into vessels, bowls, instruments, birdhouses."

Micheline also took to gourds. She discovered the art form at a fair in North Carolina.

"I saw a decorated gourd and I went to pick it up to look at it. I thought it'd be heavy, like pottery. But there was nothing

to it!" she said. "It was intriguing to me."

Micheline's gourd art looks very organic. Unlike Desmarais, Micheline likes to burn designs on the gourds before she paints them with leather dyes. Her baskets, vessels, masks and vases all have this natural quality to them.

"Everything I use is natural. I like feathers, pine needles ... I've painted furniture, built furniture, painted paintings. ... Now I want to build baskets [she said while gesturing to a half-finished gourd-basket in her studio]. ... I like the imperfections, the character in the gourd," she said. "No two are the same."

Micheline is a member of the League of New Hampshire Craftsmen. You can often find her art at the Mt. Kearsarge Indian Museum gift shop in Warner, and at her website, michelinesstudio.com.

A bit more traditional

If you really want to go the traditional route, you might at least make something that's awesome and lasting.

Merrimack pumpkin artist Jim Flis' pumpkins look, at first, like traditional Jack O'Lanterns, but when you look closer, you'll see they're much better. (The pumpkin on the cover? He carved it!) They last longer, too, because of his carving technique.

Instead of cutting right through the pumpkin, in his Jack O'Lanterns, he scrapes off the skin for design. (A pumpkin will rot faster, typically, when there's more exposed pumpkin meat.) His tools are a couple of Exacto knives and a few wood-carving chisels.

"Because I'm only carving the skin, there's no limit to the level of detail I can have. The deeper you dig, the more light that goes through," he said. "I can create shades of grey." This is particularly useful when Flis needs to create shadows for his pumpkin portraits. (The only downside to this is that you can't light with a candle, as there aren't any holes in the gourd for the air to escape; he advises customers to light his pumpkins with incandescent light bulbs.)

Flis carves commissioned pieces for businesses (mostly restaurants), but most of the time, he's just carving because he loves carving. (Really, he *loves* carving; after spending so much time around pumpkins, he developed an allergy. Yet, he's still carving! You can see an example of his work on the front page of this week's issue.)

If you attend this year's Milford Pumpkin Festival, you can check out his work while he demonstrates with his daughter, Jennifer. You might find a few portraits (he's carved Ray Charles, Jimmy Hendrix and Regis Philbin — that one was shown on *Regis and Kelly* a few years back). He makes a good show of Halloween-themed pumpkins, of course, but if he's on a roll,

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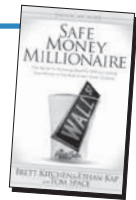
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Fresh Pumpkin Puree Courtesy of Susan McLean

6 pounds of sugar pumpkin
3-4 tablespoons of extra virgin olive oil

Heat the oven to 400 degrees. Line baking sheet with foil. Remove stem and cut the pumpkin into quarters. Scoop out the seeds and rinse. (Save the seeds for roasting!) Coat the flesh with EVOO. Place the pumpkin flesh-side up on the baking sheet. Roast until tender, about 45 min. Allow it to cool. Scoop the flesh into food processor, discard skin. Process until smooth. If it's too dry, add a little bit of water; if it's very moist, line a colander with a cheesecloth over the bowl and pour the pumpkin over the cheesecloth. Keep what you plan to use in a sealed container in a fridge for a few days. Puree will last in the freezer for up to six months.

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Jim Flis makes a skeletal pumpkin carving. Kelly Sennott photo.

you might see a few panoramic designs, too.

You may find, said Flis, that if you use this technique, you won't care much for the finished product until you insert the light. The layers and "shades of grey" aren't visible until they're illuminated.

"It's a bizarre transformation when you see them lit up," Flis said.

Portraits, especially, are difficult to gauge until they're finished.

"My first portrait pumpkin was of my brother. When I carved it, I looked at it and said, 'Great. I just wasted three hours on a perfectly good pumpkin.' I lit it anyway," Flis said. "When I saw it lit, I called my brother at 9 p.m., drove to his place in New York and got there after midnight. We spent the rest of the night bringing the pumpkin from bar to bar to show his friends."

Make it last

Another way to make this year's pumpkin better than last's: get more wear out of it.

Flis advises his customers to treat the pumpkin like you would any ordinary fruit or vegetable

"Don't leave your Jack O'Lantern lit for more than an hour or two at a time. When it's not lit, keep it in a cool, dry place. When you do turn it [the light bulb] off, take off the lid so the heat that's inside will escape," he said.

Often, the trouble with early-rotting pumpkins is that carvers (or customers) forget to treat them as such.

"Restaurants [who buy his commissioned pumpkins] will open at 8 a.m., they'll turn the pumpkin on, and they'll turn it off at 10 p.m. ... By that time, they've cooked the pumpkin!" Flis said.

Of course, there are less natural ways to make a pumpkin last, too.

"I had one customer, a farmer, keep his pumpkin for eight weeks. You could only touch it with gloves," Flis said. "He put so many preservatives on it. It was not a safe

pumpkin, but there are extremes you can go through."

Cook up something delicious

If you really want to spice up your fall, you can make an infinite number of pumpkin-flavored meals, snacks and desserts. Take some tips from Susan McLean.

McLean, a New Hampshire resident who's been featured on WMUR's "Cook's Corner" a few times and who regularly contributes to the Salem Farmers Market recipe blog (and who has her own awesome blog with a special pumpkin section at laptop2tabletop.com), has given herself a hefty fall food challenge: Can she go through 99 cans of pumpkin?

The idea stemmed from a trip to the grocery store two years ago. She was with her

Autumn roasted vegetables Courtesy of Susan McLean

- 1 small sugar pumpkin, about 2 pounds, peeled, seeded and cut into ½-inch chunks
- 1 butternut squash, peeled and cut into ½-inch chunks
- 1 large sweet potato, peeled and cut into ½-inch chunks
- 6-7 heirloom carrots, peeled and cut into ½-inch chunks
- 3 small turnips, peeled and cut into ½-inch chunks
- 6 shallots, peeled and cut into cut into ½-inch chunks
- 4 garlic cloves, finely chopped
- 1/2 cup Devo Olive Oil Black Truffle EVOO (sub with other truffle or evoo)
- 1/4 cup chopped fresh sage leaves
- Freshly ground sea salt and black pepper

Heat oven to 425 degrees. Prepare two baking sheets with foil. In two large bowls, mix vegetables, oil and sage. Season with salt and pepper and toss well to coat. Spread vegetables onto baking sheet in single layer. Roast until vegetables are just tender, about 35-40 minutes, tossing once halfway through. Remove from oven.

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Artist Micheline creates loon-inspired gourd art. Kelly Sennott photo.

daughter, 10 at the time, walking through the pumpkin aisle.

"For some reason, I just started singing that song, '99 Bottles of Beer on the Wall,' except with pumpkin." (Her full version, which goes like this, is written out on her blog: Open one up, it measures two cups, 98 cans of pumpkin in the pantry.) She's down to Can No. 48.

"My family thinks I'm insane," McLean said. (More like "out of her gourd," as she describes in a blog post from 2012.)

"I didn't buy 99 cans, but I did buy in bulk and had to hide them in different places around the house. ... I love pumpkin because it's savory and sweet. It's a versatile fruit," McLean said.

Her blog contains all kinds of pumpkin-y items, from pumpkin bruschetta with goat cheese to pumpkin granola.

McLean loves a good cooking challenge. After an interview inquiry from the Hippo she decided to spend her entire Sunday cooking up a pumpkin-y storm. She purchased a fresh sugar pumpkin from the Salem Farmers Market and created fresh pumpkin puree, chocolate pumpkin tiramisu, an autumn roasted vegetable stew, a rustic autumn vegetable tart and autumn roasted vegetable risotto.

She even conducted a pumpkin experiment in order to answer an interview question: Can you really taste the difference between canned and fresh pumpkin?

She cooked up some chocolate pumpkin tiramisu, one dish from canned pumpkin, one from regular, and brought the dishes into work. The verdict: "In the tiramisu, which everyone loved, there was no clear ability to distinguish fresh from canned," she wrote in a follow-up email.

Standing alone, though, there's certainly a physical difference between the two.

"More than a difference in taste, there's a difference in texture. Canned pumpkin is creamier, but I've found fresh pumpkin puree to be lighter," she said. "With pureed sugar pumpkin, you won't get the same richness, but it's so much fresher."

She encourages folks to try her recipes, but to also explore their own.

"I can never just do someone else's recipe. I have the Food Network on in my house 24/7. When someone says 'pumpkin risotto,' I ask, 'How can I do it differently? ... Pumpkins are only out for a short period of time. ... It's full of fiber and nutrients, and it's a fairly neutral flavor with so many different uses, from pancakes to cheesecakes, savory crepes to savory sauces," McLean said.

You can use pumpkin to make any food more festive by turning it into a dish. Kristine Mossey makes a festive pumpkin chip

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Chocolate Pumpkin Tiramisu, courtesy of Susan McLean

1 1/2 cup mascarpone
1 3/4 cup cold farm-fresh heavy cream, divided
3/4 cup powdered sugar
8 tablespoons almond-flavored liqueur, divided
1 1/2 cup fresh pumpkin puree, drained (or 1 15-oz can pumpkin puree)
1/4 cup bittersweet chocolate chips
4 tablespoons unsweetened cocoa powder, divided
3 tablespoons espresso powder, divided
1/2 cup hot water
3 3 ounce-packages (need about 54 ladyfingers for 8- by 8-inch square or about 72 for 10 x 7 rectangle)
1/2 teaspoon ground cinnamon, for dusting

In mixer bowl fitted with wire whisk, beat mascarpone until smooth. Add 1 1/2 cups of cream, powdered sugar and 4 tablespoons liqueur. Whisk until soft peaks form, which should take about 5 minutes. Fold in the pumpkin puree and gently mix until well incorporated.

In microwave-safe bowl melt the chocolate and 1/4 cup cream and stir at 10-second intervals until the chocolate is just melted. Stir the chocolate until mixture is smooth. Then, slowly add about 1 cup of pumpkin mixture to the chocolate. Mix until well incorporated and then fold back into remaining pumpkin.

In small bowl, whisk two tablespoons of cocoa and two tablespoons of espresso into hot water. Add the remaining liqueur. Cover bottom of an 8-inch square baking dish with ladyfingers (about nine). Brush with cocoa liquid. Top with 1/3 pumpkin mixture, brush with cocoa liquid and top with 1/3 pumpkin mixture. Repeat.

Cover with plastic wrap and refrigerate at least a couple of hours. When ready to serve, combine remaining cocoa, espresso and cinnamon in a fine mesh sieve and sprinkle on top of tiramisu.

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Flis created this pumpkin for his son Joe Flis's new business, Stone Raven Landscapes, LLC. Kelly Sennott photo.

dip that she serves straight from the pumpkin. For the kids, she likes to pour lo mein into the pumpkin and tell them it's pumpkin guts.

See a pumpkin as you've never seen it before...

Namely, soaring through the air and crashing into a crummy old trailer, or one that's world-record size. You can see pumpkins in New Hampshire in a way you won't see anywhere else.

Trombley Gardens in Milford (150 N. River Road, Milford, 673-0647) hosts its 4th annual Chunker in the Garden event on Sunday, Oct. 13, from 10 a.m. to 4 p.m. The event offers food from the farmstead, hot apple cider, apple crisp, corn on the cob, a corn maze, hayrides, games, vendors, and, most importantly, flying pumpkins. The Chuck Norris Air Cannon team and the American Chunker team will shoot pumpkins in the air every 15 minutes. The event draws between 3,000 and 5,000 people to the Milford farm, and the festival is rumored to have catapulting pumpkins, too.

This New Hampshire event is just for show, but these two teams are actually just a couple of many pumpkin chunkin teams. Just a few weeks after this event, the Punkin Chunkin World Championships occur in Delaware, Nov. 1 through Nov. 3. (You can find out more about pumpkin chunking at punkinchunkin.com.)

In New England, you also have opportunity to see some of the largest pumpkins in the world. Just last year, the Deerfield Fair was home, briefly, to the largest pumpkin in

the world at 1,834 pounds. (The record was, unfortunately, broken just a couple of days later, at the Topsfield Fair, which contained two hefty pumpkins, one at 2,009 pounds and one at 1,870 pounds.) The Topsfield Fair, which continues until Oct. 14, and the Milford Pumpkin Festival, which also happens this weekend, will house enormous pumpkins again this year.

George Hamilton of the UNH Cooperative Extension calls these farmers "super growers." Throughout the summer some of the pumpkins grow up to 30 pounds a day.

"Individuals are learning more and more about the way the pumpkin grows. They know more about the genetics involved, about how to maintain a perfect environment to ensure maximum growth for a given fruit," Hamilton said. "It's really quite amazing." ☺

Charmingfare Farm Pumpkin Festival

This year's festival at the farm (774 High St., Candia, visitthefarm.com) continues this weekend, on Saturday, Oct. 12, from 10 a.m. to 4 p.m., and Sunday, Oct. 13, from 10 a.m. to 4 p.m. The festival includes a number of activities with admission (\$17 per person), including cow pie fly; a cow milking contest; an "outpull the oxen" activity; festival games; a farm-themed bouncy house; unlimited pony rides; a pumpkin farmers market; a barbecue; and a pumpkin art activity for the kids, where they can decorate their own pumpkins. (This activity is an additional \$3 fee.)

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Saturday, Oct. 12

It will be a night of alternative pop/rock when Fountains of Wayne and Soul Asylum visit the Stockbridge Theatre (5 Pinkerton St., Derry). The trip back to the 1990s is Saturday, Oct. 12, at 8 p.m. Evan Dando, the Lemonheads' front man, will also perform. Tickets range from \$30 to \$40. Call 437-5210 or visit stockbridgetheatre.com.



Friday, Oct. 11

Put on your dancing shoes and boogie on over to the Friday Night Fever Salsa and Swing Dance Party at the Merrimack branch of the YMCA (6 Henry Clay Dr., Merrimack, 881-7778) Friday, Oct. 11, at 8 p.m. It's free for everyone!

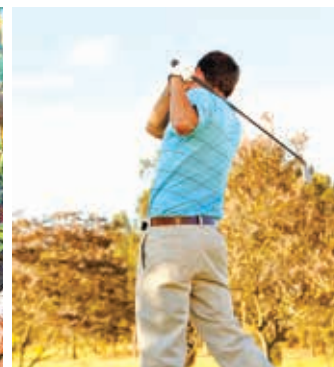
Free: Visit a farm

Take part in the September Organic Farm Tour Weekend at organic farms throughout New Hampshire on Saturday, Sept. 7, and Sunday, Sept. 8, 9 a.m.-5 p.m. Twenty farms will be open to the public for tastings, education and pick-your-own events. Visit nofanh.org.



Friday, Oct. 11

Take the family out for a free afternoon movie. Manchester's West Branch Community Library (76 N. Main St., Manchester, 624-6560, manchester.lib.nh.us) is showing The Croods (G, 2013) at 3 p.m.



Friday, Oct. 11

Get in some golf before it gets too chilly at the Fall Classic Golf Tournament at Pembroke Pines Country Club (42 Whittemore Road, Pembroke) at 9 a.m. Registration is \$90 in advance and \$115 on the day of the tournament. The event is hosted by the Wild Rover Pub and proceeds benefit the Amoskeag Rugby Club. Visit wildroverpub.com.



Sunday, Oct. 13

It's Farm Day at Miles Smith Farm (56 Whitehouse Road, Loudon), 10 a.m.-4 p.m. The event will include hayrides, live music, food and cow rides. Admission is free, but some activities have an additional fee. Call 783-5159 or visit milesmithfarm.com.

Cheap: Beer

Drink up at the Capital Cup Brewfest Sat., Sept. 7, from 1 to 4 p.m. at Kiwanis Riverfront Park, Loudon Road, Concord. Featuring 15 craft breweries. Tickets cost \$15 in advance, \$20 on the day of the event. Visit blackicepondhockey.com.

Splurge: Spa Day

Spend the day at the Woman's Club of Concord (44 Pleasant St., Concord) Sat., Sept. 7, 10 a.m.-4 p.m. Try out massages, angel readings, hair and makeup instruction and more. Admission is free, but proceeds for spa service donations benefit the Woman's Club Scholarship Fund, so spend big!

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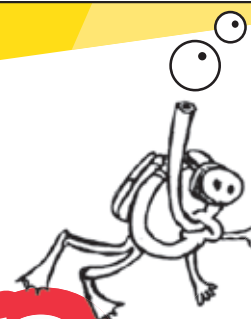
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086477



International granite views

Andres Institute invites four more artists to sculpt



Jocelyn Pratt at work. Kelly Sennott photo.

By Kelly Sennott
ksennott@hippopress.com

It's a warm, cloudless day at the Andres Institute of Art in Brookline, and at the top of a tall, winding dirt road, four out-of-state (and out-of-country) artists are hard at work. The air is full of dust, the grinders are screeching, and a handful of volunteers are waiting to serve food.

The four artists, however, are seemingly unaware it's lunchtime; they pay little

attention as viewers take photos and admire their pieces, which, slowly but surely, are becoming finished sculptures that will further beautify the Andres Institute of Art grounds. At this moment, all they think about is their art, and if they weren't wearing safety goggles and breathing masks to protect themselves from the dust, you'd see it in the utmost focus displayed on their faces. One artist skips lunch to continue working.

In the Andres Institute of Art's 15th International Sculpture Symposium, these four artists — Florin Strejac from Târgu-Mureș, Romania; Greg Spitzer from Massachusetts; Jocelyn Pratt from Putaruru, New Zealand; and Helgi Gíslason from Reykjavík, Iceland — are working with New Hampshire's most famous and prized sculpture material: granite. This year's theme is "Introspection."

The artists are cheerful and eager to talk about their art. None have worked with granite before, and they seem excited to try something new.

Jocelyn Pratt's piece, called "See[d] Within," looks like a large acorn. It's actually a hickory nut, which she found during a walk on the Andres grounds.

There are two pieces to her sculpture. One is the hickory nut. The other is of a hickory nut split in half. She pulls both the full and half hickory nut from her pocket. They've both shrunk a bit, she says; they've been sitting in her pocket for the past three weeks.

"Seeds represent new ideas and growth. ... The piece is about looking beneath the surface to find truth or something more interesting than what you get just at face value," she says.

All of the artists talk about what a great experience it is, to be able to learn from one another.

"This experience is incredible," Massachusetts artist Spitzer says during his lunch break. His piece is called "Silent Conversation."

He'd been taking some help from the Andres intern, 18-year-old Derryfield School graduate Jim Larson, in using an excavator to construct his piece. As a sculptor, Spitzer usually works with marble.

"To be able to work with such an interesting group with like-minded individuals,

See the Andres Institute of Art's new sculptures

Where: 98 Route 13, Brookline

When: Sculpture park open daily

Contact: andresinstitute.org, 673-8441

to be able to see how artists from other countries approach stone for designs, is just incredible," Spitzer says while munching on some volunteer-cooked chili.

He finds the stone a bit difficult to use; it's much harder than the marble he's used to, and he's still learning how to sculpt effectively.

To learn from international sculptors is one of the reasons that these artists jump at the chance to create work for New Hampshire's largest (and only) sculpture park. The Institute has been inviting artists to create work during three-week stays since 1999.

The Andres Institute of Art itself came to be about 17 years ago, when engineer and innovator Paul Andres purchased big Bear Mountain in Brookline. He moved his house to the top of the mountain. Andres, who fostered a longtime love of nature and passion for art, decided to purchase sculptures to place in the natural settings surrounding his new home. He met John Weidman, a sculptor who had been living in Brookline. They co-founded the Andres Institute of Art in 1998.

As Andres draws in more international sculptors, the park becomes increasingly popular for visitors and artists.

"It's a privilege for them, but it's also a privilege for us to have these people come work here," Weidman said.

The artists worked from Sept. 15 through Oct. 6; you can see their pieces along the trails in Brookline, which are open daily.

24 Art

Includes listings for gallery events, ongoing exhibits and classes. To get listed, e-mail arts@hippopress.com.

Arts

Art events

- **SISTER SHEILA FLYNN** founder of the Kopanang Community in South Africa presents at the Mariposa Museum (26 Main St., Peterborough, 924-4555, mariposamuseum.org) on Fri., Oct. 11, at 7 p.m., about the Kopanang Creation Canticle, a textile exhibit with 52 embroidered tapestries. Free.
- **SOUTH CENTRAL NH WOOL ARTS TOUR** on Sat., Oct. 12, 9 a.m.-5 p.m., and Sun.,

- Oct. 13, 9 a.m.-4 p.m. Free annual self-led fiber tour. Visit woolartstournh.com.
- **FALL FOLIAGE ART STUDIO TOUR** self-led tour through the Monadnock region on Sat., Oct. 12, 10 a.m.-5 p.m., and Sun., Oct. 13, 10 a.m.-5 p.m. Visit fallfoliageartstudiotour.com for details.
- **NASHUA AREA ARTISTS ASSOCIATION DOUGH RAISER** on Wed., Oct. 16, and Thurs., Oct. 17. Dine in or take-out at UNO's Restaurant during

28 Theater

Includes listings, shows, auditions, workshops and more. To get listed, e-mail arts@hippopress.com.

- these days, and the restaurant will donate up to 20 percent of check to NAAA.
- **DEERFIELD ARTS TOUR** on Sat., Oct. 19, 9 a.m.-5 p.m., and Sun., Oct. 20, 9 a.m.-5 p.m. Visit 20 artisans in 16 different Deerfield studios in self-guided tour. Visit deerfieldartstour.beadbush.com.
- **LAKES REGION GENERAL HOSPITAL CRAFT FAIR** at Laconia High School (345 Union Ave., Laconia) on Sat., Oct. 19, 9 a.m.-3 p.m. More than

65 vendors, artists, crafters.

- **NHIA INFO SESSION** for Low Residency Master of Fine Arts program on Tues., Oct. 22, at Sharon Arts Center, 30 Grove St., Peterborough, gradadmissions@nhia.edu.
- **WINDHAM HIGH SCHOOL CRAFT FAIR** on Sat., Oct. 26, 9:30 a.m.-3 p.m., at the high school, 64 London Bridge Road, Windham. Crafters from throughout the region, lunch items, \$2 entrance fee for adults, free for kids.

29 Classical

Includes symphony and orchestral performances. To get listed, e-mail arts@hippopress.com.

- **FURNITURE MASTERWORKS 2013: A CELEBRATION** on Sun., Oct. 27, 4-7 p.m., at Wentworth by the Sea Hotel, 588 Wentworth Road, New Castle, 422-7322. Includes silent auction. Tickets \$25 per person. Visit furnituremasters.org.
- **HOLIDAY HANDMADE ART MARKET** at Studio 550, 550 Elm St., Manchester, on Sat., Nov. 9, noon-5 p.m.
- **EMMANUEL BAPTIST CHURCH CRAFT FAIR** on

- Sat., Nov. 9, 10 a.m.-3 p.m., sponsored by Child Evangelism Fellowship of NH, at the church, 14 Mammoth Road, Hooksett. Call 369-4566, email cefnhbethany@comcast.net. Vendors still wanted; deadline for registration is Oct. 24.
- **BROKE: THE AFFORDABLE ART FAIR** on Sat., Nov. 23, 10 a.m.-4 p.m., at the Peterborough Townhouse, 1 Grove St., Peterborough. Free.
- **PTO ANNUAL HOLIDAY CRAFT FAIR** on Sat., Nov.



"Scaffolds #4" by Karrah Kwasnik.

• **Sweater tours!** If the peak foliage isn't enough to get you outside, maybe a sweater (or soon-to-be-sweater) tour will. New Hampshire's 30th Annual Wool Arts Tour is this weekend, on Saturday, Oct. 12, from 9 a.m. to 5 p.m., and Sunday, Oct. 13, from 9 a.m. to 4 p.m. This self-led tour, which began in 1983 by a small group of women, offers new and old faces of New Hampshire's wool farms and studios. It's free to attend; participating locations include Spring Pond Farm (81 Muzzey Hill Road, Greenfield); Windfall Farm (5 Old North Branch Road, Antrim); Spinner Farm (192 Old Country Road, Deering); Western View Farm (374 Gleason Falls Road, Hillsboro); and The Fiber Studio (161 Foster Hill Road, Henniker). Visit woolartstour.com for directions, location details and a

23, 9 a.m.-3 p.m., at New Seales Elementary, 39 Shady Lane, Nashua. Free admission, 30 crafters with handmade gifts.

• **ART 'ROUND TOWN** is held the first Friday of the month (year round) 5-8 p.m. in downtown Portsmouth. Visit artroundtown.org.

• **FIRST THURSDAYS** The Currier Museum of Art is open late, 5:30-7:30 p.m., first Thursday of each month with special programs including live music, lectures and film, at 150 Ash St., Manchester, 669-6144, ext. 108, currier.org.

• **THE ANDRES INSTITUTE OF ART** in Brookline offers guided walking and audio tours of its sculpture park and studio. Call 673-8441, or visit andresinstitute.org.

• **GOOD NEIGHBOR SERIES** Sharon Arts Center is hosting a series of cultural programs at its Exhibition Gallery, 30 Grove St., Peterborough, 924-7676, sharonarts.org. The series will feature presentations by professional artists on the first and third Saturdays of the month, 7-9:30 p.m.

• **PICKER ART GALLERY**

brochure.

• **(Under) 30, flirty and thriving:** The annual showcase of contemporary seacoast artists' work shows at the Exeter Town Hall Gallery, Water Street, Exeter, starting this weekend, with a reception on Friday, Oct. 11, from 7 to 10 p.m. This multi-media group exhibit showcases 26 young professional artists working in conventional and unconventional media, with each artist hanging his own work on a panel or pedestal. The reception also features live, improvisational music by locals Greg Baldi, Mike Effenberger and friends. Refreshments will be provided, too. The exhibition will be on view Oct. 12 through Nov. 2, Saturdays and Sundays from noon to 4 p.m.

• **Arts education conference:** Aimed at educators, school administrators, teaching artists, arts specialists, parents and community arts leaders, the N.H. State Council on the Arts annual Arts Education Partnership Conference occurs on Friday, Oct. 25, and Saturday, Oct. 26, at Camp Cody in Freedom. This year's conference, titled "Exploring Creativity: Making space for Arts in our Classrooms, Schools and Communities," focuses on the important role that a comprehensive arts education plays in promoting high achievement and keeping students engaged in school, according to the release. Keynote speakers include master teaching artist, author and educator Eric Booth and 2013 New Hampshire Teacher of the Year Heidi Welch. To learn more and to register, visit nh.gov/nharts. — *Kelly Sennott*

will host an open studio/meet the artists day on the first Saturday of the month, 10 a.m.-4 p.m., at the Picker Building, 99 Factory St. Extension, Nashua, 305-6256.

• **THE PISCATAQUA DECORATIVE ARTS SOCIETY** presents its 10th season of lectures and events. Visit pdasociety.org.

• **ZIMMERMAN HOUSE** open for public tours, leaving from the Currier Museum of Art (150 Ash St., Manchester, 669-6144, currier.org). Offered twice daily. Reservations required. Cost is \$8-\$20, includes same-day museum admission.

Exhibit openings

• **TOM PARK GLOVER** Exeter Fine Crafts October Artist of the Month. Artist reception at the gallery (61 Water St., Exeter) on Fri., Oct. 11, 6-8 p.m. Call 778-8282.

• **30 UNDER 30** exhibition at Exeter Town Hall Gallery, Water St., Exeter, Oct. 12 through Nov. 2. Reception with music/refreshments on Fri, Oct. 11, 7-10 p.m. Visit exeterarts.org, facebook.com/30under30exhibit.

• **"ENDLESS SUMMER"** at East Colony Fine Art, 55 S. Commercial St., Manchester, Oct. 1 through Oct. 28. Featuring artists Roxanne Labbe (oils and colored pencil) and Susanna Ries (stained glass). Reception on Fri., Oct. 11, 5-7 p.m. Visit eastcolony.com, call 621-7400.

• **"CURRENTS: TRADITIONAL, INNOVATIVE AND EXPERIMENTAL PRINTS OF WATER"** on display at the 119 Gallery, 119 Chelmsford St., Lowell, 119gallery.org, Oct. 15 through Nov. 9. Reception on Sat., Oct. 26, 4-6 p.m.

• **"MIND THE GAP: CONTEMPLATIVE PAINTING"** exhibit showing at Arkaloka Buddhist Center, 14 Heartwood Circle, Newmarket, Oct. 7 through Nov. 24. Paintings by Neil Harvey. Reception on Sun., Nov. 10, 6-9 p.m. Visit aryaloka.org.

• **"MOUNTAINS AND BEACHES"** exhibit at McGowan Fine Art, 10 Hills Ave., Concord, 225-2515, jessica@mcgowanfineart.com, Oct. 15 through Nov. 15. Reception on Fri., Oct. 18, 5-7 p.m. Exhibit and opening free. Featuring

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Who's on top

Venus in Fur for mature audiences only

By Kelly Sennott
ksennott@hippopress.com

Venus in Fur is kind of like *50 Shades of Grey*, ACT Director and co-founder Suzanne Delle said, except that it'll be much more appealing for theater audiences that wouldn't necessarily want to see the book's scenes played out on stage.

For the company's second production, the Artists Collective Theatre in Nashua chose David Ives's 90-minute, two-person play within a play about the struggle for power between men and women. Though there's no physically explicit material — the main characters don't even kiss — it should be noted early on that this is a show for mature audiences only.

Indeed, when the show premiered in New York, the New York Times called *Venus in Fur* "90 minutes of good, kinky fun." Charles Kehres, who plays the male lead, jokes that the real name of the play should be *Who's on Top*.

"It's all about who's in charge and who's running the show," he said in a phone interview. "There's no nudity, there's not even kissing, let alone anything else. It's all implied, while at the same time, it'll push a button or two."

ACT members chose the play because of its mature content.

"We had a lot of positive feedback from *All New People*. The audience liked the adult themes and the adult content in the show," Delle said.

Written by Zach Braff, *All New People* was the company's first show last July, with themes like suicide, depression and drugs.

See Venus in Fur

Where: Hunt Memorial Building, 6 Main St., Nashua, 594-3661

When: Thursday, Oct. 10, at 8 p.m. (pay-what-you-can night); Friday, Oct. 11, at 8 p.m.; Saturday, Oct. 12, at 8 p.m.; and Sunday, Oct. 13, at 8 p.m.

Tickets: \$20

Contact: act-theatre.org

"The first show was dark. This one is to be a bit lighter," she said.

The play follows writer-director Thomas Novachek, who's looking for a female lead to cast in his adaptation of Leopold von Sacher-Masoch's novel, *Venus in Furs*. He's trying to find a suitable role to play the female lead. (This real 1870s novel is about a man who becomes so infatuated with a woman named Wanda von Junajew that he asks to be her slave and encourages her to treat him in progressively more degrading ways. This book allegedly inspired the term "masochism.")

It seems as though there's nobody quite fit to play the role, until Vanda Jordan saunters in at the last minute. She reads as Wanda, he reads as the male lead, Severin von Kusiemski. As they move through *Venus in Furs*, there's a power shift between actress and director, not unlike that between the male and female lead in Sacher-Masoch's novel.

You'll find parallels between this show and *50 Shades of Grey*, Delle said, which makes the material perhaps less shocking than it would have a couple of years ago. However, this was written before E.L. James's best-selling enterprise.

"These ideas have been around for a really long time. ... That's one of the things this play is saying: that there has always been a power struggle between men and women," Delle said.

Though it doesn't quite read that way at first, it's a very funny show, Delle said.

"It's about sexual relationships between men and women, and that's always funny. We miscommunicate, we try to manipulate. Even if you're in a healthy, loving relationship, you will relate to the games these two play with each other," Delle said.

"The show has been very successful. It's now the No. 1-produced regional show in the country."

Kehres agrees, but he says the humor comes from the novel itself, too.

"Half the show is an 1870s play, which is very proper. Then you have two people in 2013 talking about this play, and look-



Charles Kehres as Thomas Novachek and Gina Carballo as Vanda Jordan. Courtesy photo.

ing at how ridiculously oppressed 1870 was. ... It's definitely a comedy. If you're sitting in the audience and not laughing, you're not at the right show," Kehres said.

It's quite dynamic for a two-person show, said co-founding ACT member Leah Belanger.

"It's interesting for actors because it's

almost like they get to play two characters. They're playing the character of an actor and the actor playing a character. For an actor, it's like getting dessert for dinner," Belanger said. "I think a lot of people really like watching stories about people putting on shows. ... You feel like the magician is showing you a little bit of their trick." 🍷

work by Catherine Tuttle.

- **MERRILL COMEAU** shows "Remains of the Day" at the McIninch Art Gallery at Southern New Hampshire University, 2500 N. River Road, Manchester, Oct. 24 through Dec. 14. Reception on Thurs., Oct. 24, 5-7 p.m. Free. Call 629-4622, email m.gallery@snhu.edu, visit snhu.edu, merillcomeau.com.
- **"SOFTSCAPES AND HARDCAPES: LANDSCAPE AND ARCHITECTURE IN PRINTMAKING"**

on view at the Whistler House

Museum of Art (243 Worthen St., Lowell) Sept. 25 through Nov. 2. Reception on Sat., Oct. 26, 2-4 p.m. Visit whistlerhouse.org, call 978-452-7641.

- **"CLOSE OBSERVATIONS"** by the Monotype Guild of New England in the Parker Gallery Members Room at the Whistler House Museum, 243 Worthen St., Lowell, 978-452-7641, Sept. 25 through Nov. 2. Reception

Sat., Oct. 26, 2-4 p.m.

- **"TEXT AND TEXTURE"** on view at the NHIA Amherst Street Gallery, 77 Amherst St., Manchester, Sept. 30 through Oct. 30. Reception on Wed., Oct. 9, 5-7 p.m. Visit nhia.edu.
- **"IT'S PASTEL"** juried show at Discover Portsmouth Center Gallery, 10 Middle St., Portsmouth, 436-8420, pastelsocietynh.com, Oct. 26 through Nov. 30. Reception on Sat., Oct. 26, 4-6 p.m.

- **"TOMIE DEPAOLA: THEN AND NOW"** exhibit at Colby-Sawyer College in the Sawyer Fine and Performing Arts Center (541 Main St., New London, colby-sawyer.edu) Nov. 7 through Dec. 20. Exhibit coincides with dePaola's 80th birthday and highlights his career 1975 to present with fine art and book illustrations. Reception on Thurs., Nov. 7, 5-7 p.m., at Marian Graves Muger Art Gallery. Call 526-3000.

- **"POINT/COUNTER-POINT: FINE FURNITURE ABSTRACTED"** on view at the NHIA Amherst Street Gallery, 77 Amherst St., Manchester, Nov. 7 through Dec. 5. Reception on Wed., Nov. 13, 5-7 p.m. Visit nhia.edu.
- **BOB LARSEN** shows "Still on the Way" at McGowan Fine Art, 10 Hills Ave., Concord, 225-2515, Nov. 19 through Dec. 20. Reception on Fri., Nov. 22, 4:30-7 p.m.

In the galleries

- **"NEW TO THE GALLERY"** show at McGowan Fine Art, 10 Hills Ave., Concord, Sept. 10 through Oct. 11. Call 225-2515 or visit mcgowanfineart.com.
- **"CONTEMPORARY ART FROM SOUTH AMERICA"** on view at The Lyceum Gallery at the Derryfield School, 2108 River Road, Manchester, Sept. 10 through Oct. 18. Free. Gallery hours 8 a.m.-4 p.m., Mon.-Fri.

CALLING ALL GREEKS!

This Friday, Oct. 11, at 7 p.m., UNH Manchester's own Milling Around a cappella group hosts the Fourth Annual Voices of the 603 concert at the Capitol Center for the Arts, 44 S. Main St., Concord. The event, which is emceed by WZID's Heather Bishop, is basically a three-hour a cappella show that showcases five high school a cappella groups and five barbershop harmony groups (Granite Statesmen, On Air, Rhythm of New Hampshire, Milling Around and the Five O'Clock Shadow). For the high school students, it's also a competition within a show, said Jamie Saucier, who's organizing the event.

Proceeds from the event will go to New Hampshire Citizens for the Arts, and proceeds from an event raffle go toward student scholarships. The finale showcases all singers from all groups, who will sing an arrangement that combines Katy Perry's "Firework" and "Roar." Tickets are \$10. Visit millingaround.org/voicesofthe603.



NH FURNITURE

MASTERS annual exhibit at the NH Historical Society's library gallery, 30 Park St., Concord, Sept. 24 through Oct. 19.

• **"SUMMER OF 13"** fine art exhibition at The Gallery, 100 Market St., Portsmouth, featuring NH, Maine and Mass artists, on view through Oct. 11. Email maskmakernh@gmail.com.

• **"BRIDGING THE PISCATAQUA: CONSTRUCTION AND COMMUNITY"** exhibit at the Discover Portsmouth Center, 10 Middle St., Portsmouth, through Oct. 13.

• **"PEOPLE YOU SHOULD KNOW"** portrait exhibit on display at the Millyard Museum, 200 Bedford St., Manchester, manchesterhistoric.org, through Oct. 12. Call 622-7531.

• **"ARCHAEOLOGY THROUGH THE LOOKING GLASS"** at SNHU's McNinch Art Gallery, 2500 N. River Road, Manchester, on view Sept. 12 through Oct. 19. Exhibit by Leslie Fry. Free. Call 629-4622, email m.gallery@snhu.edu, visit snhu.edu.

• **"UNBINDING"** on view at The Brush Art Gallery and Studios, 256 Market St., Lowell, Sept. 14 through Oct. 27. Call 978-459-7819, email director@thebrush.org.

• **DON HIMSEL** Nashua Telegraph photographer shows "Imagine Nashua Then and Now" at the Nashua Public Library, 2 Court St., Nashua, 589-4607, on view through Oct. 31.

• **"SPOOKY SPECTACULAR"** group show at Lucy's Art Emporium, 303 Central Ave., Dover, Oct. 3 through Oct. 30.

• **JEANNE ECHTERNACH** shows "You Can Go Home Again" at the Kennedy Gallery (41 Market St., Portsmouth, 436-7007) through October.

• **"PARALLELS"** three styles in oil painting by artists Sean Beavers, Jennifer Caine and Paul Stone on view at St. Paul's School Hargate Gallery, 325 Pleasant St., Concord, 229-4644, Sept. 19 through Nov. 2.

• **"LAST WORD"** at Drift Contemporary Art Gallery, Wentworth-Coolidge Mansion, 375 Little Harbor Road, Portsmouth, 379-6560, Sept. 28 through Nov. 2. Curated by Ali Goodwin.

• **"TOUCH THE EARTH"** on view at the UNH Museum of Art, Paul Creative Arts Center, 30 Academic Way, Durham, Aug. 28 through Oct. 13. Art by sculptors Al Jaeger, New Hampshire; Warren Mather, Massachusetts; Jonathan Mess, Maine; and Joan Walton, New York.

• **"CAUGHT UP WITH REALITY"** on view at the UNH Museum of Art, Paul Creative Arts Center, 30 Academic Way, Durham, through Oct. 13.

• **"CON(TEXT)"** art exhibition at Sharon Arts Center, 30 Grove St., Peterborough, 924-7676, sharonarts.org, on view through Oct. 25.

• **MONIQUE SAKELLARIOS** paintings on display in the Image Gallery at the Nashua Public Library, 2 Court St., Nashua, now through the end of October. Call 589-4610, visit moniquesakellarios.com.

• **WAYNE WHITE** exhibits at the Rochester Museum of Art (107 N. Main St., Rochester,) through October. Emmy Award-winning art director, painter, sculptor.

• **MARY ELLEN BROWN** exhibits at the Rodgers Memorial Library, 194 Derry Road, Hudson, through October.

• **LENA "BILLIE" WORTH** shows her art at the Chichester Town Library (161 Main St., Chichester) through October. Still-life, landscapes, seascapes, portraiture.

• **EILEEN P. BELANGER**

a fine artist from New Boston exhibits at Londonderry's Leach Library (276 Mammoth Road, Londonderry) Oct. 7 through Oct. 31. Visit eileenbelanger.com.

• **"FRESH.A.I.R.: ABSTRACT, IMPRESSIONISTIC, REPRESENTATIONAL"** on view at Art 3 Gallery, 44 W. Brook St., Manchester, 668-6650, art3gallery.com, through Nov. 1.

• **"NATURAL INFLUENCES"** on view at the Gateway Gallery at Great Bay Community College (320 Corporate Drive, Portsmouth) on view through Nov. 1. Art by Peg Duffin and Claudia Koepfel. Visit greatbay.edu.

• **MILL BROOK GALLERY & SCULPTURE GARDEN** is on view through Nov. 2 at 236 Hopkinton Road, Concord, 226-2046.

• **"VISUAL DISPATCHES FROM THE VIETNAM WAR"** is on view at the Currier Museum of Art, 150 Ash St., Manchester, 669-6144, currier.org through Nov. 11.

• **"FAST FORWARD: MENTORING MAKERS"** exhibit at the New Hampshire Furniture Makers Association Gallery, 49 S. Main St., Concord. On view Sept. 13 through Nov. 12.

• **JAIME GALLAGHER DRISCOLL** photography work on view at the Hancock Town Library, Main St., Hancock, Oct. 5 through Nov. 14. Call ahead, 525-4411 to view.

• **"TIME TO SOAR"** art by Soo Rye Yoo at Soo Rye Art Gallery, 11 Sagamore Road, Rye, Sept. 14 through Nov. 15. Visit sooryeartgallery.com.

• **"HOME, SCHOOL, AND STUDIO: WOMEN ARTISTS AND NEW HAMPSHIRE"** at the New Hampshire Historical Society museum, 6 Eagle Square, Concord, through Dec. 31. Admission \$5.50 for adults, \$3 for children. Visit nhhistory.org or call 228-6688.

• **"VISIONS OF BOSTON"** on

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ARTS CURTAIN CALL

• **Annie is in Manchester:** In the company's biggest production of the year, the Manchester Community Theatre Players presents *Annie* on Saturday, Oct. 12, at 7 p.m.; Sunday, Oct. 13, at 2 p.m.; Saturday, Oct. 19, at 7 p.m.; and Sunday, Oct. 20, at 2 p.m., at the JFNH Theatre, 698 Beech St., Manchester. The show, directed by Alan D. Kaplan and musically directed by Robert Dionne, was chosen based on the young cast of players the company had to choose from.

"The MCTP board chose *Annie* because of the large number of youth and adult actors and musicians to perform before a live audience," Kaplan said in a press release. "*Annie* has a cast of over 50, including musicians and technical crew members. Many are seasoned performers who will focus their talents on putting smiles on the audience's faces bringing the well-known comic strip characters from *Little Orphan Annie* to life." Tickets are \$20 for adults, \$18 for seniors, \$10 for children. Visit mctp.info or call 800-838-3006.

• **Finally open!** Warner's Jim Mitchell Community Park amphitheater opens this weekend at the Warner Fall Foliage Festival, which is on Saturday, Oct. 12, and Sunday, Oct. 13. The solar-powered amphitheater is located right behind MainStreet BookEnds, 16 E. Main St., Warner, mainstreetbookends.com, 465-2700. Visit wfff.org or the festival Facebook page, facebook.com/WarnerFallFoliageFestival, for a schedule of events.

• **New theater company in Portsmouth:** Glenn Provost and Tana Sirois recently created a new theater company



The Manchester Community Theatre Players present *Annie* starting this weekend. Courtesy photo.

in Portsmouth called Strangers at Home. Their first production, *Seascope with Sharks and Dancer* by Don Nigro, presented by special arrangement with Samuel French, Inc., premieres in one week at West End Studio Theatre, 959 Islington St., Portsmouth. The goal, Provost wrote in an email, is to bring the show to New York in early 2014. Provost is a Manchester native who trained at UNH, and Sirois is a Portsmouth native who trained at the Liverpool Institute for Performing Arts. You can find out more about their company at strangersathometheatrecompany.wordpress.com.

Showtimes are Friday, Oct. 18, at 8 p.m.; Saturday, Oct. 19, at 8 p.m.; Sunday, Oct. 20, at 2 p.m.; Friday, Oct. 25, at 8 p.m.; Saturday, Oct. 26, at 8 p.m., and Sunday, Oct. 27, at 2 p.m. Tickets are \$20. Call 1-203-512-2886. — Kelly Sennott

Theatre

• **RUTHLESSLY OPTIMISTIC FOR NO APPARENT REASON** part of ACT ONE 2013 Festival at West End Studio Theatre, 959 Islington St., Portsmouth, 300-2986, on Sat., Oct. 12, at 2 p.m. General admission \$20. Visit actonenh.org.

• **THE ENCHANTED ISLAND: A TALE FROM ANCIENT JAPAN** at the Mariposa Museum, 26 Main St., Peterborough, on Sat., Oct. 12, at 11 a.m. and 1 p.m.; and Sun., Oct. 13, at 1 p.m. and 3 p.m. Show by Phoenix Marionettes. Admission \$7. Call 924-4555, visit mariposa.org.

• **FROST HEAVES** on Fri., Oct. 11, at 7:30 p.m.; Sat., Oct. 12, at 2 and 7:30 p.m.; Sat., Oct. 19, at 7:30 p.m., at Peterborough Players Theatre, 55 Hadley Road, Peterborough, 924-7585. Tickets \$18. Featuring the Speed Bumps band, the Frost Heaves Players, musical guest Rich Hamilton and more.

• **GOD OF CARNAGE** shows at the Merrimack Repertory Theatre, 132 Warren St., Lowell,

978-654-7550, mrt.org, Sept. 19 through Oct. 13. Tickets start at \$20.

• **CLEAN ROOM** performed on Fri., Oct. 11, at 8 p.m.; and Sat., Oct. 12, at 8 p.m., at West End Studio Theatre, 959 Islington St., Portsmouth, 300-2986. Tickets \$20. Visit actonenh.org, call 300-2986.

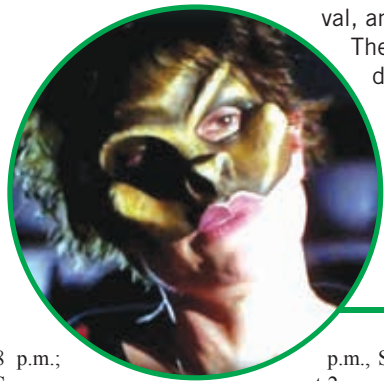
• **VENUS IN FUR** presented by Artists Collective Theatre on Fri., Oct. 11, at 8 p.m.; Sat., Oct. 12, at 8 p.m.; and Sun., Oct. 13, at 8 p.m., at Hunt Building, 6 Main St., Nashua. Tickets \$20. Visit act-theatre.org.

• **PONTINE THEATRE BREAD & PUPPET THEATER 50TH ANNIVERSARY CABARET** on Tues., Oct. 15, at 7:30 p.m., at West End Studio Theatre, 959 Islington St., Portsmouth. Admission by donation, seating limited. Visit pontine.org, email info@pontine.org, call 436-6660.

• **SEASCAPE WITH SHARKS AND DANCER** produced and performed by Strangers at Home Theatre Company on Fri., Oct. 18, at 8 p.m.; Sat., Oct. 19, at

CLEAN ROOM

Clean Room was featured in last year's ACT ONE Festival, and it returns to Portsmouth's West End Studio Theatre, 959 Islington St., Portsmouth, on Friday, Oct. 11, at 8 p.m., and Saturday, Oct. 12, at 8 p.m. With body, voice and masks, Leslie Pasternack brings forth two big-hearted, lonely souls whose lives collide in an eccentric love story in *Clean Room*, which is for mature audiences only. Tickets are \$20, available at actonenh.org and by calling 300-2986. Courtesy photo.



8 p.m.; Sun., Oct. 20, at 2 p.m.; Fri., Oct. 25, at 8 p.m.; Sat., Oct. 26, at 2 p.m. and 8 p.m.; and Sun., Oct. 27, at 2 p.m., at West End Studio Theatre, 959 Islington St., Portsmouth. Tickets \$20. Visit strangersathometheatrecompany.wordpress.com, call 203-512-2886.

• **GHOST HUNTING: THE MUSICAL MURDER MYSTERY** presented by NH Theatre Factory on Fri., Oct. 18, at 8 p.m., at the Derry Opera House, 29 W. Broadway Derry; Sat., Oct. 19, at 8 p.m.; Sun., Oct. 20, at 2 p.m.; Fri., Oct. 25, at 8 p.m.; Sat. Oct. 26, at 8 p.m.; and Sun., Oct. 27, at 2 p.m. Tickets \$24. Show rated PG-13. Visit nhtheatrefactory.org.

• **W;T** presented by Milford Area Players, milfordareaplayers.org, on Fri., Oct. 18, at 8 p.m.; Sat., Oct. 19, at 8 p.m.; Sun., Oct. 20, at 2 p.m.; Fri., Oct. 25, at 8 p.m.; Sat., Oct. 26, at 8 p.m.; and Sun., Oct. 27, at 2 p.m. Tickets \$12.

• **THE ODD COUPLE** presented by Seacoast Repertory Theatre, 125 Bow St., Portsmouth, 433-4472, Oct. 18 through Nov. 10. Tickets are \$20-\$42. Visit seacoastrep.org.

• **ANNIE** by Manchester Community Theatre Players on Sat., Oct. 12, at 7 p.m.; Sun., Oct. 13, at 2 p.m.; Sat., Oct. 19, at 7 p.m.; and Sun., Oct. 20, at 2 p.m., at the JFNH Theatre, 698 Beech St., Manchester. Tickets \$20. Call 800-838-3006, visit mctp.info.

• **HUNGRY, HUNGRY GAMES** parody of *The Hunger Games* at the Capitol Center for the Arts, ccanh.com, 225-1111, on Sun., Oct. 20, at 4 p.m. Tickets \$28.

• **24-HOUR PLAY FESTIVAL** hosted by theatre KAPOW Oct. 25 through Oct. 26. Twenty-four hour event where playwrights and actors write and produce plays. Final showing on Sat., Oct. 26, at 7:30 p.m. Visit thetatrekapow.com.

• **ANNE OF GREEN GABLES** at the Leddy Center for the Performing Arts, 38c Ladd's Lane, Epping, Oct. 25 through Nov. 6. Shows are on Fridays at 7:30

p.m., Saturdays and Sundays at 2 p.m., and Wednesday, Nov. 6, at 2 p.m. Tickets \$16-\$18. Visit leddycenter.org, call 679-2781.

• **WILLY WONKA JUNIOR** on Fri., Oct. 25, at 7 p.m.; Sat., Oct. 26, at 7 p.m.; and Sun., Oct. 27, at 2 p.m., at the Gruber Recital Hall, Manchester Community Music School, 2291 Elm St., Manchester. Tickets \$15. Visit majestictheatre.net.

Classical

• **UNH CONCERT CHOIR** concert on Thurs., Oct. 10, at 8 p.m., at Johnson Theater, Paul Creative Arts Center, 30 Academic Way, Durham. Free.

• **GREGG PAULEY** opens Beethoven concert series, "The 32 Piano Sonatas of Beethoven," on Fri., Oct. 11, at 7:30 p.m., at Concord Community Music School Recital Hall, 23 Wall St., Concord, 228-1196, cemusicschool.org. Tickets \$15. First of 32 piano sonatas over three years. Visit greggpauley.com.

• **VOICES OF THE 603** concert on Fri., Oct. 11, at the Capitol Center for the Arts, 44 S. Main St., Concord, at 7 p.m. A cappella competition for middle and high schools. Tickets \$10. Visit voicesofthe603.com.

• **TUCKERMANS AT 9** on Sat., Oct. 12, at 7:30 p.m., at Scenic Theatre (6 Depot St., Pittsfield). Admission \$10 cash or check, call 435-8852. Free parking. Visit tuckermansat9.com.

• **"LIVE FREE"** NH Philharmonic season opener on Sun., Oct. 13, at 4 p.m., at the Palace Theatre, 80 Hanover St., Manchester, 668-5588, tickets \$12-\$50.

• **PEGGY VAGTS, ARLENE KIES** perform "Go Like Sixty: Music of 1953" as part of the UNH Concert Series on Sun., Oct. 13, at 3 p.m., at Bratton Recital Hall, 30 Academic Way, Durham, 862-2404. Free.

• **CURT BESSETTE, JENN KURTZ CONCERT** closes ACT ONE's 2013 Festival on Sun., Oct. 13, at 7:30 p.m., at West End Studio Theatre, 959 Islington St., Portsmouth, 300-2986, actonenh.org. Tickets \$18.

• **UNH JAZZ BANDS** perform on Mon., Oct. 14, at 8 p.m., at the Johnson Theatre of the Paul Creative Arts Center, 30 Academic Way, Durham, 862-2404, unh.edu/music. Free.

• **MUSIC AS A HEALING ART** on Mon., Oct. 21, at 6:30 p.m.; Mon., Nov. 4, at 6:30 p.m.; and Mon., Nov. 18, at 6:30 p.m., at Concord Community Music School, 23 Wall St., Concord, 228-1196, cemusicschool.org. Workshop presented in partnership with Center for Health Promotion. Call 230-7300. Three-part series.

• **UNH SYMPHONY ORCHESTRA** performs "Tales of Knights and Princes" at the Johnson Theatre of the Paul Creative Arts Center, 30 Academic Way, Durham, 862-2404, unh.edu/music, on Wed., Oct. 16, at 8 p.m. Free.

• **MUSIC'S ON THE MENU: SONGS FOR A SACRED SPACE** concert at Grace Episcopal Church, 106 Lowell St., Manchester, on Wed., Oct. 16, 12:10-1 p.m. Featuring Manchester Community Music School faculty Mark Cleveland on bass, Elizabeth Blood on piano. Free.

• **BATRAXOI CHAMBER ENSEMBLE** performs "Sarai" on Sat., Oct. 19, at 7:30 p.m., and Sun., Oct. 20, 3 p.m., at Congregational Church, 55 Valley Road, Mason. Free admission, donations benefit Nashua Soup Kitchen and Shelter. Visit batraxoi.com.

• **KEISER CONCERT SERIES: TRIO CLEONICE** featuring artists violinist Ari Isaacman-Beck, cellist Gwen Krosnick and pianist Emely Phelps. Performance at St. Paul's School (325 Pleasant St., Concord) on Fri., Oct. 25, at 7:30 p.m. Free admission. Call 229-4680, visit sps.edu/keiser.

• **MUSIC AND MASTERPIECE** concert featuring Manchester Community Music School faculty member Romeo Melloni on Sat., Oct. 26, at 1 p.m., at the Currier Museum of Art, 150 Ash St., Manchester. Space limited. Admission \$20. Call 644-4548.

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Chili and more; two Oktoberfests this weekend; Canterbury Bread Shop; Molly Lane Jams; Weekly Dish; Red, White & Green (good bottles for less than \$20); Perishables; From the Pantry; Just Desserts and more.

Get Listed

From yoga to pilates, cooking to languages to activities for the kids, Hippo's weekly listing offers a rundown of all area events and classes. Get your program listed by sending information to listings@hippopress.com at least three weeks before the event.

INSIDE/OUTSIDE Fall classic

Foliage festival returns to Warner

By Cory Francer
cfrancer@hippopress.com

At the height of foliage season, the entire state becomes far more colorful, but for 66 years, the town of Warner has stood out as a destination for locals and those seeking a taste of fall in New England.

Warner first hosted the Fall Foliage Festival in 1947 as a way to bring the community together and provide a boost to town organizations. While the festival has evolved into a weekend-long celebration of the season, those core ideals remain unchanged.

Festival president Sean Bohman said each year funds from the festival are put toward community organizations like the Boy Scouts, Girl Scouts, town hall and the all-volunteer fire department. He said the festival makes a point to incorporate as many local elements as it can during the event.

"People are very responsive to that," Bohman said. "A lot of the money we spend to put this thing together is spent in the local community."

Throughout its six and half decades, Bohman said, the festi-

Warner Fall Foliage Festival

When: Friday, Oct. 11, from 6 to 9 p.m., Saturday, Oct. 12, from 7 a.m. to 9 p.m., and Sunday, Oct. 13, from 7 a.m. to 6 p.m.

Where: Locations throughout Warner. Visit the website for a festival map.

Cost: Admission is free. Parking costs \$5.

Contact: Visit wfff.org.



The 1-mile fun run gets underway at a past festival. Courtesy photo.

val has had a strong agricultural element, including the highly anticipated oxen competitions. To add to the agricultural element, Bohman said, this year will bring in the first Farm & Field Expo.

Bohman said there will be displays of tractors and other agricultural products from various companies. He is also hoping to bring in some canoes and kayaks for visitors to check out. Bohman said highlighting the agricultural aspect of the festival made sense because of the recent local food movement.

"We're trying to put emphasis on it," he said. "There's a lot of awareness out there for people eating local and growing their own

stuff."

The other major change this year is that the entertainment and food will be in a new location, at the HR Clough location on Depot Street.

While the expo will be a new attraction for the festival, Bohman said there will still be many of the classic festival events that have made it a longstanding favorite.

The woodsmen competition will have festival goers facing off in events like splitting wood and ax-throwing. Bohman said people with any level of experience can compete and can sign up on the website.

Another standby returning for this year is the 5-mile road race, which will begin and end at the

Sugar River Bank on Main Street. Bohman said the children's 1-mile fun run is also a popular part of the festival. The run ends at Main Street Bookends, which will be hosting kids' activities after the run.

Bohman said the festival, while a fun event itself, also provides an opportunity for the town to show off its other amenities. Warner may be a small town, Bohman said, but there's a lot to see and do.

"There's the Mount Kearsarge Indian Museum, the New Hampshire Telephone Museum and the historical society," he said. "There's so much people can do. The library puts on a used book sale. It's a great way to see the town." 🍂

Children & Teens

• **MAGIC TREE HOUSE BOOK CLUB** at the Chester Public Library (3 Chester St., Chester) Thurs., Oct. 10 and Oct. 24, 4-5 p.m. The book club is for grades 2 and 3. Registration is requested. Call 887-3404, email chesterpubliclibrary@gmail.com or visit chesterlibrary.com.
• **COLORS OF AUTUMN** at Amoskeag Fishways (6 Fletcher St., Manchester) Thurs., Oct. 10, 9:30-11 a.m. or 12:30-2 p.m. Learn about why leaves change color in the fall and how the season affects wildlife along the

river. Cost is \$8 per family and prior registration with payment is required. Call 626-3474 or visit amoskeagfishways.org.
• **KIDS' PUMPKIN DECORATING AND PAINTING** at Sizzle Bistro (1 Highlander Way, Manchester) Sat., Oct. 16, noon-3 p.m. Admission is \$12 and will include a pumpkin, paint, decorations and a kids lunch. Call 232-3344 or visit sizzlebistro.com.
• **LIGHTS ON AFTER SCHOOL** at Beech Street Elementary School (333 Beech St., Manchester) Thurs., Oct. 17, 6:30-7:30 p.m. Take part in a

variety of after school activities including face painting, a photo booth and more. Visit mansd.org.
• **SUPER SEEDS** at Amoskeag Fishways (6 Fletcher St., Manchester) Fri., Oct. 18, 7-8 p.m. Learn about seeds and how they travel from place to place. Cost is \$5 per family. Prior registration with payment is required. Call 626-3474 or visit amoskeagfishways.org.
• **PUMPKIN PATCH** at the Culinary Playground (16 Manning St., Derry) Fri., Oct. 18, at 10 a.m. and 4 p.m., and Sat., Oct. 19, at 10 a.m. For ages 3 to 5 to

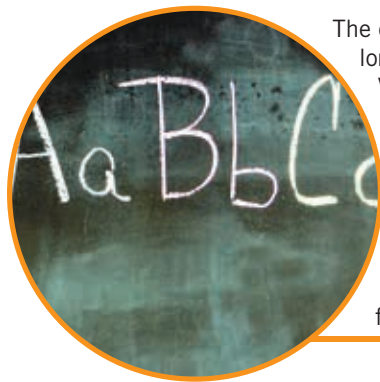
make pumpkin breakfast cookies. Visit culinary-playground.com.
• **MATHNASIUM TRIMATHLON** at the Mathnasium (69 Hamel Drive, Manchester) Sat., Oct. 19. This is a math competition for students in grades 2 through 5. With each correct answer, students can raise money for local schools. The winner at each grade level will be entered into the national TriMathlon. There is no cost to participate. Visit mathnasium.com/northmanchester.
• **GIRL SCOUT INFORMATION SESSION** at the Man-

chester City Library (405 Pine St., Manchester) Mon., Oct. 21, 5:30-7:30 p.m. Learn about the Girl Scouts of the Green and White Mountains and their available programs for girls between the ages of 5 and 17. Call 888-474-9686 ext. 165 or visit girlscoutsgwm.org.
• **SILLY SCIENCE** at the Chester Public Library (3 Chester St., Chester) Mon., Oct. 21 and Oct. 28, at 6:30 p.m. For ages 10 and older to conduct a science experiment and then research why it results the way it does. Register by calling 887-3404.

HISTORIC SCHOOLHOUSES —

The one room schoolhouse is part of New England lore and many still stand in New Hampshire.

Visit the Barnstead Town Hall (108 S. Barnstead Road, Barnstead) for a New Hampshire Humanities Council and Oscar Foss Memorial Library sponsored presentation, "New Hampshire's One-Room Rural Schools: The Romance and the Reality." The presentation will be Friday, Oct. 11, at 7 p.m., and will discuss some of the challenges that schools faced during this time period. Call 269-3900.



- **SQUIRRELS AND CHIPMUNKS** at Amoskeag Fishways (6 Fletcher St., Manchester) Thurs., Oct. 24, 9:30-11 a.m. or 12:30-2 p.m. Learn about squirrels and chipmunks and how they prepare for winter. Cost is \$8 per family. Prior registration with payment is required. Call 626-3474 or visit amoskeagfishways.org.
- **NOT-SO-SCARY HALLOWEEN PARTY** at NH Sportsplex (68 Technology Drive, Bedford) Fri., Oct. 25, 5-9 p.m. Events include a candy scavenger hunt, a bouncy house, music, laser tag, costumed characters and more. Movies will be shown on a giant movie screen. Admission is \$5 per person or \$20 per family. Proceeds benefit the Our Promise to Nicholas Foundation. Visit ourpromisetonicholas.com.

Teen/tween events

- **COLLEGE ESSAY WORKSHOP** at the Concord Public Library (45 Green St., Concord) Thurs., Oct. 10, at 5 p.m. Learn techniques in writing a good college essay. Call 225-8670 or visit concordnh.gov.
- **BEHIND THE SCENES TOUR** at the Concord Public Library (45 Green St., Concord) Wed., Oct. 15, at 5 p.m. Explore the library's hidden areas. The event will include a scavenger hunt with prizes. Call 225-8670 or visit concordnh.gov.
- **TEEN SPECIAL EFFECTS MAKE-UP WORKSHOP** at the Wadleigh Memorial Library (49 Nashua St., Milford) Tues., Oct. 15, 3:30-4:30 p.m. For grades six through 12, learn makeup techniques just in time for Halloween. Call 249-0645 or visit wadleighlibrary.org.
- **MANGA WORKSHOP** at the Derry Public Library (64 E. Broadway, Derry) Wed., Nov. 13, 4:30-5:30 p.m. Cartoonist Marek Bennett will lead the workshop about creating manga. Participants can bring their own supplies or use the library's. Call 432-6140 or visit derrypl.org.
- **PLAY DATE NH** invites youth age 12-18 to learn, play and enjoy new card, strategy

and board games at area libraries. Semi-professional gaming geeks will be on hand to mentor new players in classic and modern games. See playdaten.com. Game days are hosted on the second Saturday of each month, noon to 4 p.m., at Rodgers Memorial Library (194 Derry Road, Hudson, rogerslibrary.org, 886-6030).

• **ANIME CLUB** for ages 12-18 at Hollis Social Library on the last Monday of every month, 2:30-4:15 p.m.

• **ANIME CLUB** for ages 12-17 at Nashua Public Library, 2 Court St., Nashua, first Tuesday of every month at 4 p.m. Discuss anime or manga series, participate in games and activities, and display your anime sketches in the teen room. Call 589-4612 or visit tinyurl.com/nplteen.

• **ANIME CLUB** at Manchester City Library, 405 Pine St., Manchester. Meets on the first and third Thursdays of each month. Open to grades 6-12. Play cards, watch movies, discuss favorite characters, and draw. Call Kate Norton at 624-6550, ext. 335, or email knorton@manchester.nh.gov for details.

• **ANIME AND MANGA CLUB** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton), first Wednesday of the month at 3:30 p.m. for teenagers to discuss, watch and draw Japanese-style comics and animation. Call 654-2581 or visit www.wiltonlibrarynh.org.

• **ANIME/MANGA CLUB** at Rodgers Memorial Library (194 Derry Road, Hudson) meets on the third Tuesday of each month at 4 p.m. Call 886-6030 or visit rogerslibrary.org.

• **BALLROOM DANCING** for ages 11-19 at Queen City Ballroom, 21 Dow St., Manchester. To sign up, email qcnybalm@aol.com or call 622-1500. Visit queencityballroomnh.com.

• **BOOK DISCUSSIONS FOR TEENS** at Nashua Public Library (2 Court St., Nashua) on the last Tuesday of the month at 4 p.m. Each month will have a theme, but participants can choose the book. Call 589-4610, email teens@nashualibrary.org or visit www.tinyurl.com/nplteen.

org or visit www.tinyurl.com/nplteen.

• **BOOKS AND BITES** Talk books and eat food at the Nashua Public Library (2 Court St., Nashua) on Tuesdays at 4 p.m. A new theme each week. Call 589-4610, email teens@nashualibrary.org or visit www.tinyurl.com/nplteen.

• **CAFE DAYS** at the Derry Public Library (64 E. Broadway, Derry) on every other Tuesday, 3:30-4:30 p.m. Enjoy a hot beverage and talk about writing, books, art, games and more. Call 432-6140 or visit derrypl.org.

• **CECILIA ENSEMBLE** High school-age section of the Peterborough Children's Choir is open to girls grades 9-12 who can meet for practice Mondays 4-5:30 p.m. at Peterborough Unitarian Church on Main Street. There are requirements for singing ability and self-motivation. Contact Maria Belva at 924-2055 or mariabelva@gmail.com. pcchoir.org.

• **CHICKS WITH STICKS BOOK CLUB** Wadleigh Memorial Library, 49 Nashua St., Milford, meets monthly on Thursdays, 3 p.m. in the AV Room. For grades 7 and up, this club invites participants to bring their current knitting projects, enjoy snacks and book discussions. New members and beginner knitters are welcome. Call 673-2408 or visit wadleighlibrary.org.

• **COOKING CLUB** at the Derry Public Library (64 E. Broadway, Derry) on every other Tuesday, 3-4:15 p.m. Make food and eat snacks with other teenagers. Call 432-6140 or visit derrypl.org.

• **FANTASY BOOK CLUB** held on the first Tuesday of every month at 4 p.m. at Hollis Social Library, 465-7721, hollis.nh.us/library. For ages 8-13. For kids who love reading fantasy books about dragons, magic, the future and more. Free and open to the public.

• **GEEKS R US ANIME CLUB** for teens at Wadleigh Memorial Library, 49 Nashua St., Milford, meets monthly on Tuesdays at 4:30 p.m. in the Keyes Meet-

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Seasonal fun

Fall foliage season is in full swing. Learn about why leaves change color this time of year during **Colors of Autumn** at Amoskeag Fishways (4 Fletcher St., Manchester). On Thursday, Oct. 10, from 9:30 to 11 a.m. or 12:30 to 2 p.m., children ages 4 and 5 can discover why fall is so colorful and how the season affects local wildlife. The event is part of the Fishways' Amazing Autumn series and costs \$8 per family. Call 626-3474 or visit amoskeagfishways.org.

A southern New Hampshire favorite fall tradition returns to the Milford Oval on Friday, Oct. 11, from 5 to 8:45 p.m., Saturday, Oct. 12, from 10 a.m. to 8:30 p.m., and Sunday, Oct. 13, from 7:30 a.m. to 3 p.m. The 24th annual **Milford Pumpkin Festival** will include live music, a pumpkin catapult, scarecrow-making, face-painting and more. Call 249-0676, email director@milfordimprovementteam.org or visit milfordpumpkinfestival.org.

Learn about the **bird-banding** process with a demonstration at the Massabesic Audubon Center (26 Audubon Way, Auburn). As part of the center's family programming, Jay Barry will lead the group through the process, from catching birds with mist nets, identifying and banding the birds, and entering the data into the national

database. Admission is free. Call 668-2045 or visit nhaudubon.org.

Get ready for Halloween by learning some new make-up techniques to make your costume stand out. The Wadleigh Memorial Library (49 Nashua St., Milford) will host a teen **special-effects make-up workshop** for grades 6 through 12 on Tuesday, Oct. 15, from 3:30 to 4:30 p.m. Register by calling 249-0645 or visit wadleighlibrary.org.

Things that bounce

Holy inflatables, Batman! The **caped crusader** will visit Cowabunga's (1328 Hooksett Road, Hooksett), an all inflatable indoor playground, on Friday, Oct. 11, from 4 to 7 p.m. Admission is \$10 per child and adults and non-walking babies visit for free. Call 625-8008 or visit mycowabungas.com.

It's been three years since the **Boston Celtics** last visited the Granite State, but new head coach Brad Stevens and the rest of your favorite Celtics will head to Manchester for a preseason game against the New York Knicks. Tip off at the Verizon Wireless Arena (555 Elm St., Manchester) is scheduled for Saturday, Oct. 12, at 7:30 p.m. Tickets range from \$26 to \$96.

Art, science and construction

The monthly **family Saturday** returns to the Currier Museum of Art (150 Ash St., Manchester) on Saturday, Oct. 12, from 10 a.m. to 1 p.m. Participate in some hands-on art activities and take a guided gallery walk. The theme for this month's family Saturday is mud cloth patterns. Admission is free for New Hampshire residents from 10 a.m. to noon. Call 669-6144 or visit currier.org.

The family workshop series has returned to the SEE Science Center (200 Bedford St., Manchester). Visit the museum on Saturday, Oct. 12, from 11 a.m. to noon, or Sunday, Oct. 13, from 2 to 3 p.m., for science activities suitable for the whole family. Each week will have a different theme and this week's is **"Sound Sandwich,"** which will be all about vibration and pitch. Activities are included with the

price of admission, which is \$8 for ages 8 and older. Call 669-0400 or visit see-sciencecenter.org.

Put your building skills to the test at the Rodgers Memorial Library (194 Derby Road, Hudson) on Friday, Oct. 11, from 4 to 5 p.m. Kids between the ages of 5 and 12 are invited to take part in the weekly **Lego Brick Club** and build a project of their choice. All Legos will be supplied by the library. Call 886-6030 or visit rogerslibrary.org.



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ing Room. Hang out and discuss your favorite anime or manga series, games and activities. Call 673-2408 or visit wadleighlibrary.org.

• **JR. FRIENDS OF THE LIBRARY** Hollis Social Library, 465-7721, for grades 5 and up, on the 2nd Tuesday of every month at 4 p.m. Children can help organize, plan and run special family, children's and summer reading programs. They can earn volunteer hours. Sign up at hollislibrary.org.

• **MONDAY NIGHT SCRABBLE** every week, 6:30-8:30 p.m., at Hollis Social Library, 465-7721, hollislibrary.org. Join young adults for some fun rounds of this classic word game. Invite a partner. Bring a Scrabble board, if possible.

• **NH INSTITUTE OF ART** (148 Concord St., Manchester, 866-241-4918, nhia.edu) offers classes for high school students college credit. Prices vary depending on type of class and materials needed.

• **NPL TEEN WRITERS** at the Nashua Public Library (2 Court St., Nashua) on the second Tuesday of the month at 4 p.m. Share your writing and provide feedback for others. All writing styles are welcome. Call 589-4600 or visit nashualibrary.org.

• **ONLINE AP TEST TUTORING** through the Nashua Public

Library (2 Court St., Nashua). Online tutors are available for help in a variety of subjects and can be accessed from 4-11 p.m. Tutoring can be accessed on computers at the library, or elsewhere using a Nashua Public Library card. Call 589-4600 or visit nashualibrary.org/home-work.htm.

• **SNACK CHAT** at the Rodgers Memorial Library (194 Derry Road, Hudson) on the second Tuesday of the month, at 4 p.m. Talk about video games, books, music and movies. There will be snacks at the meetings. Call 886-6030 or visit rogerslibrary.org.

• **TEEN ADVISORY BOARD** meets on the second Wednesday of every month at 7 p.m., at Hollis Social Library, 465-7721, hollislibrary.org. For ages 13-18. Help the library plan programs, choose books and materials for teens, organize outreach, decorate the teen area, eat snacks and hang out with friends. Community service credit will be given.

• **TEEN ADVISORY GROUP** at the Concord Public Library (45 Green St., Concord) Wed., Nov. 13, at 4:30 p.m. For grades 6 to 12, discuss what you want to see at the library. Call 225-8670 or visit concordnh.gov.

• **TEEN COOKING CLUB** at Manchester City Library, 405 Pine St., Manchester, meets

monthly on Wednesdays at 4 p.m. Teens ages 11-18 are welcome to learn the basics of cooking, make their favorite dishes and explore new types of food. All materials will be provided. Club meets in the Winchell Room. Call 624-6550.

• **TEEN MUSIC CLASSES** at Music Together of Milford, 102 Elm St., Milford, on Mondays, 7:30-8:30 p.m. Advanced and intermediates welcome to acoustic music class led by Amy Conley. Cost is \$10/session. Adults also welcome. Call 249-9560 to register. Visit amyconleymusic.com.

• **TEEN PIZZA & PAGES** at Wadleigh Memorial Library, 49 Nashua St., Milford, meets monthly on Thursdays at 3:30 p.m. For grades 5 and up. Enjoy pizza while discussing a book. Copies available on the teen display. Call 673-2408 or visit wadleighlibrary.org.

• **TEEN SNACK AND CHAT** at Rye Public Library (581 Washington Road, Rye) Wednesdays, 3:30-4:30 p.m. Visit the library to create cupcakes and more. Call 964-8401.

• **TEEN TAKEOVER AT YOUR LIBRARY** at the Rodgers Memorial Library (194 Derry Road, Hudson) every Wednesday, 2-5 p.m. The library's community room will be reserved for teenagers to use the Internet



for work and

games and other software. No registration is required. Call 886-6030 or visit rogerslibrary.org.

• **TWEEN SWING DANCE LESSONS** at the Queen City Ballroom (21 Dow St., Second Floor, Manchester) Fridays, 5:15-6 p.m. Tuition is \$32 per student per month. Call 622-1500, email karen@queencityballroomnh.com or visit queencityballroomnh.com.

• **TWEEN TUESDAYS** every Tuesday at 4 p.m. in the meeting room at the Hollis Social Library. Choose from Fantasy Book, Game Club, Craft Days, Book Buddies, or do all four. Fantasy Book Club is on the first Tuesday of every month and designed for kids

FALL FUN

Celebrate the fall season at Sullivan Farm (70 Coburn Ave., Nashua) on Saturday, Oct. 12, from 9 a.m. to 4 p.m. The farm will host the Salvation Army Applefest, with a full day of seasonal activity. The festival will include a craft fair, hay rides, pony rides, scare crow making, live entertainment, food and more. Proceeds from the event will benefit the Salvation Army of Nashua. Call 889-5151.

who love reading fantasy books. Books provided at each meeting for the following month. Game Club is on the second Tuesday of every month and includes Wii, board games and snacks. Craft Days are the third Tuesday of every month. Book Buddies is the fourth Tuesday of every month and includes planning story times and crafts for preschool children. Read at after-school storytime and family pajama time

• **WII DAYS FOR TEENS** at Hollis Social Library, every other Friday, 3 p.m., for ages 12-18. Snacks and drinks provided. Sign up at the circulation desk.

• **TEEN WRITERS GROUP** at Derry Public Library (64 E. Broadway, Derry), bi-weekly. Check calendar for times. Learn about story development and

listen to others' stories. Call 432-6140 or visit www.derry.lib.nh.us.

• **WRITER'S BLOCK** is a group of aspiring writers who meet up every Saturday in the Library Meeting Room at the Hollis Social Library, 2 Monument Square, Hollis. Call 456-7728 after 5 p.m.

• **YOU'RE FIRED** (Bedford, 641-FIRE; Concord, 226-FIRE; Salem, 894-KILN; yourefirednh.com) Friday Night is Teen Night and teen studio fees are \$4 (half off).

Continued Education Adult education

• **TRAVEL/STUDY ABROAD IN BARCELONA** at the library living room at NHTI (31 College Drive, Concord) Tues., Oct. 15, 7-8:30 p.m. Learn about the seven-day trip, which will run



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IN/OUT ANTIQUES

Hi Donna,

My father had this old scale, and I was wondering if it was worth anything. The name on it says Triner model 9.1.

Madeleine

Dear Madeleine,

What I can tell you about your scale is that it is a postal scale and probably for air mail. The Triner Co. manufactured scales since the late 1800s. They did a lot for the United States Postal Service. This could be one that was used for that. They did several other scales as well and still make them today.

Postal scales (most) don't bring much money in the secondary market because there were so many made and always stuck around after a new model was out — they were built to last, and they did. But that makes the prices low and availability high.

The value on one like yours in great condition would be in the range of \$45 maximum. They do make for a neat collection, however. Some of the older ones like yours, which I believe is from the 1920s, just look



good sitting on a shelf in multiples.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown (fromoutofthewood-santiques.com). She is an antiques appraiser and instructor. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or email her at footwdw@aol.com. Or drop by the shop (call first, 624-8668). 🍌

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from May 26 to June 1. Contact Francisca Acosta-Mathes at 230-4015 or facostamathes@ccsnh.edu. Visit nhiti.edu/travelstudy-abroad.

• **TRAVEL/STUDY ABROAD IN EASTERN EUROPE** at the library instructional lab at NHTI (31 College Drive, Concord) Mon., Oct. 21, 7-8:30 p.m. Learn about the program, which will travel to Hungary, Poland, the Czech Republic and Germany. The trip will be from March 14 to March 23. Contact Sarah Hebert at 271-6484 ext. 4201 or shebert@ccsnh.edu. Visit nhiti.edu/travelstudy-abroad.

• **COMMUNICATIONS BOOT CAMP** at the Nackey S. Loeb School of Communications (749 E. Industrial Park Drive, Manchester) Sat., Oct. 26, 9 a.m.-3:30 p.m. Mike Nikitas from NECN will discuss ways to improve communications and social media skills. Admission is \$45. Call 627-0005 or visit loeb-school.org.

Crafts

Fairs/Exhibits

• **CRAFTWORKERS' GUILD HARVEST CRAFT SHOP** at the Kendall House (5 Meetinghouse Road, Bedford) through Mon., Oct. 14., open daily 10 a.m.-4 p.m. Browse through crafts made by members of the guild. Visit craftworkersguild.org.

• **LAKES REGION GENERAL HOSPITAL AUXILIARY CRAFT FAIR** at Laconia High School (345 Union Ave., Laco-

nia) Sat., Oct. 19, 9 a.m.-3 p.m. More than 65 craft makers will be at the fair, with works in crafts, artwork, photography and food.

• **CRAFT FAIR** at the Nashua YMCA (24 Stadium Drive, Nashua) Sat., Nov. 9, 9 a.m.-3 p.m. Admission is free. Call 882-2011 or email tjoslin@nymymca.org.

• **CRAFT FAIR** at Emmanuel Baptist Church (14 Mammoth Road, Hooksett) Sat., Nov. 9, 10 a.m.-3 p.m. Hosted by the Child Evangelism Fellowship of New Hampshire, the event will feature craft makers from throughout the state. Contact Bethany at 369-4566 or cefnhbethany@comcast.net. Visit cefnh.com.

Other

• **COLONIAL ARTS CLASS** at the Florence Speare Memorial Museum (5 Abbott St., Nashua) on three consecutive Thursdays, beginning Oct. 10, 6:30-8:30 p.m. The class will focus on creating cone decorations with a wire mesh form. Cost is \$20 for all three classes. Call 883-0015 or email nashuahistorical@comcast.net.

• **LEATHER EARRINGS** at Studio 550 Art Center (550 Elm St., Manchester) Sat., Oct. 12, 3-6:30 p.m. The class will be led by Claire Renaud of the League of NH Craftsmen and the Costume Gallery. Cost is \$53. Call 232-5597, email info@550arts.com or visit 550arts.com.

• **V.I.P.: VERY IMPOR-**

TANT PIN OR PENDANT at the League of NH Craftsmen Meredith Retail Gallery (279 DW Highway, Meredith) Sun., Oct. 13, 1-5 p.m. Learn about soutache and bead embroidery and create a wearable pin or pendant. Admission is \$45 with a \$30 materials fee. Registration is required. Call 279-7920 or visit nhcrafts.org.

• **BEADWEAVING: DUTCH SPIRAL BRACELET** at the League of NH Craftsmen Nashua Retail Gallery (98 Main St., Nashua) Sat., Oct. 19, 10:30 a.m.-3 p.m. Some experience with peyote beadwork is helpful, but not required. Cost is \$40 with a \$20 materials fee. Call 595-8233 or email nashuarg@nhcrafts.org.

• **PAPER FOLDING AND STAMPING CLASS** at Kalily Studio (22 Huckins Road, Epsom) Tues., Oct. 22, 6-8 p.m. Participants will create three gift tags that turn into snowflakes. Cost is \$12. Call 783-6065 or visit kalilystudio.com.

• **INTRODUCTION TO ZENTANGLE** at the League of NH Craftsmen Nashua Retail Gallery (98 Main St., Nashua) Sat., Oct. 26, 10 a.m.-noon. Learn about this doodle exercise that is meant to be relaxing and stress relieving. Cost is \$20 with a \$10 materials fee. Call 595-8233 or email nashuarg@nhcrafts.org.

**Health & Wellness
Workshops, seminars &
events**

GET TECH HELP



If you need some help with anything technological, head to the Merrimack Public Library (470 DW Highway, Merrimack) on Friday, Oct. 11, from 11 a.m. to noon for a drop-in technology help session. Bring in a device you want to learn more about and meet with a library staff member to learn more about it. A second session will be held on Monday, Oct. 21, from 7 to 8 p.m. Call 424-5021 or visit merrimack.lib.nh.us.

• **TICK AND LYME DISEASE PROGRAM** at the McLane Audubon Center (84 Silk Farm Road, Concord) Thurs., Oct. 10, at 7 p.m. Dr. Alan Eaton, a UNH professor and entomology specialist, will discuss ticks and the diseases they can transmit. Admission is free. Call 746-4315.

• **DESIGN YOUR DAYS: MAKE EACH DAY COUNT** at the McKelvie Intermediate School (108 Liberty Hill Road, Bedford) Thurs., Oct. 10, 7-8:30 p.m. Professional organizer Sue West will lead this program for women seeking to improve their balance between work, household management, finding time for fun, maintaining personal values and personal health. Call 472-5242 or visit bedfordreconline.com.

• **THE HEAD-TO-TOE SPINAL SHOW** at the Concord Food Co-op (24 S. Main St., Concord) Thurs., Oct. 10, 12:15-1 p.m. Learn about chiropractics and proper spinal care. This is a Lunch and Learn event. Admission is free. Registration is required. Call 225-6840 or visit concordfoodcoop.coop/classes.php.

• **YIN & YANG STRETCHING WEEKEND INTENSIVE** at Concord Pilates (2 1/2 Beacon St., Concord) Fri., Oct. 11, 4:30-7:30 p.m., and Sat., Oct. 12, 11:30 a.m.-2:30 p.m. Learn how to teach an effective stretching class. Visit concordpilates.com.

• **REIKI LEVEL 1 TRAINING** at Forever Yoga (51 Main St., Wilton) Tues., Oct. 15, 9:30 a.m.-12:30 p.m. Learn the basics of Reiki and how it can be used in healing. Cheryl Labrie and Cheryl Robertson of Reiki Everyday will lead the class. Cost is \$85. Registration is required by Sat., Oct. 12. Visit forever-yoga.com.

• **ABC'S OF THE AFFORDABLE CARE ACT** at the Oscar Foss Memorial Library (111 S. Barnstead Road, Barnstead) Tues., Oct. 15, at 7 p.m. A representative from the AARP will be on hand to discuss the act. Call 269-3900.

• **ACHIEVE HEALTH AND SUCCESS WITH WITH HYPNOSIS** at St. Joseph Hospital (172 Kinsley St., Nashua) Thurs., Oct. 17, 6:30-7:30 p.m. Learn how hypnosis can improve your health in a variety of ways. Cost is \$5. Call 595-3168 or visit stjosephhospital.com/classes.

• **WOMEN'S WELLNESS & WISDOM WORKSHOP SERIES** at the Cardea Center for Well-Being (390 Portsmouth Ave., Greenland) Thurs., Oct. 17, Thurs., Oct. 24 and Sat., Oct. 26. Topics will include body language, body memory and body mapping. Workshops cost \$25, or \$60 for the whole series and will benefit Arts in Reach. Visit cardeawellbeing.com.

• **STRESS MANAGEMENT THROUGH MEDITATION: STRONG MIND-BODY MEDICINE FOR CHALLENGING TIMES** at St. Joseph Hospital (172 Kinsley St., Nashua) Mon., Oct. 21, Oct. 28 and Nov. 4, 6-7:30 p.m. Learn how meditation can help with stress. Cost is \$100. Participants are encouraged to check with their insurance companies, as they may cover the cost. Call 595-3168 or visit stjosephhospital.com/classes.

• **COMPUTERIZED CONCUSSION TESTING** at St. Joseph Hospital (172 Kinsley St., Nashua) Mon., Oct. 21 or Nov. 18, 6-7 p.m. Use the ImPACT test to record data that can help determine when it is safe for an athlete to return to play after a concussion. The tests are for 11 and older and cost \$10. Registration is required. Call 595-3168 or visit stjosephhospital.com.

• **MUSIC AS A HEALING ART: YOUR HEARTBEAT AND THE DRUM** at the Concord Community Music School (23 Wall St., Concord) Mon., Oct. 21, at 6:30 p.m. Join a drum circle and learn hand drumming techniques and how it can be a healing method. Call 230-7300 or visit concordhospital.org.

• **FAMILY MATTERS** at UNH Manchester (400 Commercial St., Manchester) is a free lecture and film series that will focus

on the challenges of family life in New Hampshire. Events will be held on Thurs., Oct. 24, 1-3 p.m., Thurs., Nov. 14, 1-3 p.m., and Thurs., Dec. 5, 1-2:30 p.m. Admission is free. Call 641-4100.

• **COMMON SHOULDER CONDITIONS AND INJURIES** at St. Joseph Hospital (172 Kinsley St., Nashua) Thurs., Oct. 24, 6-8 p.m. Part of the Dinner with the Docs series, learn about how shoulder problems can develop and how they can be treated. Admission is \$10. Call 595-3168 or visit stjosephhospital.com/classes.

• **DYNAMIC STRETCHING & INJURY PREVENTION** at Franklin Regional Hospital (15 Aiken Ave., Franklin) Thurs., Oct. 24, 6-7:30 p.m. Learn ways to improve your stretching routine. Admission is free. Call 527-7120.

• **AUTUMN HARVESTS FOR WINTER MEDICINE: ROOTS BARK AND BERRIES** at Wintergreen Botanicals (Deerfield Road, Allenstown) Sat., Oct. 26, 10 a.m.-4 p.m. Learn about and gather herbs that can improve health during the cold seasons. Cost is \$65. Call 340-5161, email office@wintergreenbotanicals.com or visit wintergreenbotanicals.com.

• **PREPARE FOR SURGERY, HEAL FASTER** at St. Joseph Hospital (172 Kinsley St., Nashua) Mon., Oct. 28 and Mon., Nov. 18, 4-6 p.m. Learn ways to decrease anxiety and stay positive before, during and after surgery. Call 595-3168 or visit stjosephhospital.com.

• **ANTERIOR HIP REPLACEMENTS** at St. Joseph Hospital (172 Kinsley St., Nashua) Tues., Oct. 29, 6-8 p.m. Part of the Dinner with the Docs series. Learn how anterior hip replacement can help arthritis, hip pain, stiffness or limited hip movement. Admission is \$10. Call 595-3168 or visit stjosephhospital.com/classes.

• **OPENING DOORS - TRAUMA INFORMED TREATMENT AT THE SUNUNU YOUTH SERVICES CENTER** at UNH Manchester (400 Commercial St., Manchester) Wed., Oct. 30, noon-1 p.m. Part



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Garlic, carrots and leeks

What to do with these reliable crops

By Henry Homeyer
listings@hippopress.com

Some vegetables are as reliable as a sturdy shovel. Others — we all know — please us some years and disappoint us others. We grow tomatoes never knowing if the harvest will be bountiful or meager. But garlic and carrots and leeks, for me at least, are totally reliable. Year after year I know that I'll harvest a good crop.

Now is the time to plant garlic. If you haven't bought any garlic for planting, you'd better hustle to get some before your local farm stand closes for the season. It is, after all, officially fall. Avoid buying grocery store garlic, as it is often treated with a chemical to keep it from sprouting and is probably the wrong kind. But your local farm stand or farmers market should have garlic that will work just fine. Some garden centers will have seed garlic for sale, too.

A few words about types of garlic: there are two basic categories and many different varieties, each with a distinct flavor and "bite." What we grow in New England is hard-neck garlic, which has a stiff woody stalk around which the individual cloves (sections) grow. Soft-neck garlic is generally from California and is the kind that is braided and hung on restaurant walls or found in grocery stores. Soft neck garlic is less hardy and may not overwinter.

I plant my garlic in mid-October. This allows the plants to establish roots, and then go dormant. If you plant in spring, you may find the garlic bolts and does not grow big cloves.

If you are using your own garlic that you harvested in August, pick your finest heads (or bulbs) to use for planting. In my experience, small heads will produce small heads

next year. And for cooking, big heads are easier to work with.

Prepare a bed by digging in compost to enrich the soil and to provide good drainage. I create raised beds that are 30 inches wide and 6 inches above the walkways. I rake the bed smooth and create furrows 6 to 8 inches apart across the row. I then sprinkle organic fertilizer in the furrows and scratch it in. Next I separate the cloves and plant them about 4 inches apart and 2 inches deep. I cover the cloves and pat down the soil.

Finally I cover everything with a thick layer of straw or mulch hay. I spread the hay 8 to 12 inches deep (and fluffy), but by spring it has packed down and is more like 4 or 5 inches of cover. This mulch keeps most weeds at bay, but the garlic grows right through it.

Most of my carrots are still in the ground — they tolerate frost and cold and get sweeter after a good chilling, as some of the starches turn to sugars. I generally store carrots for winter in a spare fridge in the basement, but you can also store them in a bucket of damp sand in the garage, mudroom or bulkhead. Mice love carrots, so I recommend covering the bucket of carrots with quarter-inch wire mesh.

Another way to store carrots is to leave them in the ground. You can keep the ground from freezing by covering them with a thick layer of mulch hay that is then covered with a layer of leaves. I put a pole at each end of the row so that I can find it under a deep January snow. This method works fine, though I have suffered some rodent damage on occasion. If you find any chewed carrots now, harvest and store inside.

Leeks are another friend of mine that



From left to right: yellow sunshine carrots (left), leeks and yaya carrots. Henry Homeyer photo.

always produce well. I love leek and potato soup in the winter so I store most of mine, though I keep some for fresh use as a substitute for onion when my onions (fickle, some years) are less than bountiful. In my experience, leeks stored in the fridge or cold cellar lose their appeal quite quickly, so I freeze them. I clean and chop them up, then freeze in freezer-grade zipper bags. I do not blanch them.

I have a vegetable garden, in part, because I love to cook. Eating my own vegetables give me great pleasure, particularly in winter — which is just around the corner.

Henry Homeyer lives and gardens in Cornish Flat. His website is henryhomeyer.com. Email him at henry.homeyer@comcast.net.

Homeyer's leek and potato soup

3 strips lean thick-cut bacon
2-3 cups chopped leeks
2-3 cups diced potatoes
½ cup flour
2 tomatoes, chopped
2 cups milk
1 handful chopped fresh parsley
1 bay leaf
¼ teaspoon nutmeg
½ teaspoon cinnamon
1 teaspoon Herbes de Provence

Lightly brown bacon in a heavy soup pot, then add leeks and potatoes, stirring constantly to brown. Add 4-6 cups water. In a dish stir water into the flour to get a thick but lump-free mixture. Add to soup pot and stir well. Add spices and chopped tomatoes and simmer for half an hour. Just before serving add milk but do not boil the milk. You can make this vegetarian by avoiding the bacon and substituting butter or olive oil.

of the Fall Brown Bag Lecture Series, Carol Gay will discuss the trauma informed care at the Sununu Youth Services Center. Email Erin.Schaick@unh.edu or visit manchester.unh.edu/events.
• **WEIGHT LOSS BOOT CAMP ORIENTATION** at the Derry Medical Center (14 Tsienneto Road, Derry) Thurs., Oct. 31, at 5:50 p.m. Classes will then be held on Thurs., Nov. 7, Nov. 14 and Nov. 21, at 5:30 p.m. Call 537-3033.
• **STRESS-FREE HOLIDAY EATING ON A RESTRICTED DIET** at the Concord City Council Chambers (37 Green St., Concord) Tues., Nov. 5, 6:30-7:30 p.m. Laura Piazza, a cookbook author, will discuss ways to stick to eating requirements during the holiday season. Call 225-6840 or visit [\[foodcoop.coop/classes.php\]\(http://foodcoop.coop/classes.php\).](http://concord-</p>
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Exercise/Fitness

• **FALL WALKING PROGRAM** offered through the Nashua Parks and Recreation Department will run through Fri., Nov. 1. Monday walks will meet at the Whipple Street entrance to Mine Falls, Wednesday walks will meet at the Lincoln Park entrance to Mine Falls and Friday walks will meet at the Gilson Road parking lot to the Nashua Rail Trail. All walks begin at 9 a.m. Call 589-3370.
• **ADULT PILATES** through Concord Parks and Recreation. Classes will be held Thursdays through Oct. 10, 6-7 p.m. Call 225-8690 or visit concordpark-sandrec.com.
• **FITNESS HIKING WITH YOUR DOG** at Beaver Brook

Association (117 Ridge Road, Hollis) Wednesdays, through Dec. 18, 9-11 a.m. Dogs that are well socialized, up to date on the rabies vaccine and on a non-flexi lead are invited to take part in this hiking program with other dogs and owners. Cost is \$50. Call 465-7787 or visit beaverbrook.org.
• **BEDFORD RECREATION DEPARTMENT** offers programs for adults and seniors including sports, arts, cooking, fitness classes and more. Call 472-5242 or visit bedfordrecon-line.com.
• **CARDIO BOOTCAMP RHT** Martial Arts, 68 N. Stark Hwy., Weare, 529-5425, nhkick.com.
• **DYNAMIC STRENGTH AND FITNESS** 115 Northeastern Blvd., Nashua, 882-2348. Visit DynamicSC.com for more

information.

• **FIT IT IN FITNESS** (4 Townsend West, Nashua, 589-9747, fititntraining.com) offers coaching for groups or individuals and nutrition information.
• **FIT TO BE TONED** (200 Elm St., Manchester, 505-0042, fittobetoned.com) offers a boot camp class on Mondays, Wednesdays and Fridays at 6 a.m. It incorporates kickboxing into a fitness routine including core training, squats, lunges and leg conditioning.
• **GET FIT NH BOOT CAMP** has two studios, 167 New Orchard Road, Epsom, and 287 S. Main St., Concord. Offers classes Mondays, Tuesday, Thursdays and Fridays, including ladies-only classes. Sessions run for four consecutive weeks. To receive a free two-week try-

out, email getfitnh@gmail.com or call 344-2651 to reserve your spot, as space is limited. Visit getfitnhbootcamp.com.
• **GENTLE NIA** The Holistic Self Care Center, 12 Murphy Drive, Nashua, Mondays 5:15-6 p.m. Nia is a sensory-based movement lifestyle that leads to health, wellness and fitness and draws from disciplines of the martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. To sign up, call 883-1490, email info@thehscenter.com, or go to thehscenter.com.
• **HULA HOOP FITNESS CLASS** at Studio 550 Art Center (550 Elm St., Manchester) Fridays, 6-7 p.m. Learn tricks and techniques with a hula hoop. Drop-in rate \$15. Call 232-5597

or visit 550arts.com.
• **JAZZERCISE** at the Manchester Jazzercise Fitness Center (32 Hayward St., Manchester, 624-9122, jazzercise.com, manchjazz@gmail.com) features 47 classes per week, including Jazzercise, Lite, express, body sculpting and Junior Jazzercise. Classes are available for all ages and fitness levels.
• **JAZZERCISE** the Southern NH Jazzercise at 28 Lowell Road, Hudson, offers 33 weekly classes in Jazzercise and body sculpting. Contact Cindy Robinson at 880-0887 or cindyjazz1@comcast.net. For other locations, go to jazzercise.com or call 800-FIT-IS-IT.
• **LIGHTEN UP NASHUA: SUMMER SLIMDOWN** is an online weight loss program sponsored by St. Joseph Hos-

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, and there are several local events coming up to raise funds for the cause. There will be four local Making Strides Against Breast Cancer walks on Sunday, Oct. 20: in Concord at Memorial Field (registration 11 a.m., walk at 1 p.m.); Manchester at Arms Park (registration at 10:30 a.m., walk at 1 p.m.); Nashua at Greeley Park (registration at 10:30 a.m., walk at 1 p.m.); and Laconia at Opechee Park (registration at 8:30 a.m., walk at 10 a.m.). Visit makingstrideswalk.org. The walks raise funds for the American Cancer Society, as does the annual Harley-Davidson Fashion Show and Live Auction, which will be held Saturday, Oct. 19, from 4 to 9 p.m. at Nashua Harley-Davidson (717 Route 101A, Merrimack). Call 578-9400.

Center Stage Dance Fitness (416 D.W. Highway, Merrimack, 801-3032) is hosting a fitness event to support the New Hampshire Breast Cancer Coalition, Saturday and Sunday, Oct. 19 and 20.

And LIFE of Derry is hosting the Touchdowns for Ta-Ta's flag football tournament at the SportsZone (7 A St., Derry) on Sunday, Oct. 13. Find the event on Facebook. Photo courtesy of the American Cancer Society.



pital. Participants can be individuals or groups of four and can compete for prizes by submitting weight loss updates online. To register, visit lightenupnashua.com.

• **THE MASALA BHANGRA WORKOUT** at Zev's Yoga Studio (16 Market Square, Portsmouth) Mondays and Wednesdays, 4:45-5:30 p.m. Class is open to all ages and ability levels. Admission is \$15 for drop-ins or \$25 per month for unlimited classes. Visit zevyoga.com.

• **NLP ELITE ATHLETE DEVELOPMENT PROGRAM** Next Level Performance (31 S. Commercial St., Manchester, nlpsspeed.com) Offers classes strength, speed, agility, flexibility and injury prevention for athletes ages 11 and older on Mon., Wed., Thurs. and Fri. Call 627-7500.

• **NLP FITNESS BOOTCAMP** Next Level Performance (31 S. Commercial St., Manchester, nlpfitcamp.com) offers specific fitness instruction, nutritional coaching and training for improved quality of life. Thirty classes a week. Call 627-7500 for class times and dates.

• **OUTDOOR FITNESS BOOT CAMP** (fitnessonwheels.com, 234-9669) Fitness on Wheels at the Goddard School, 12 Tsienneto Road, Derry. Email tricia@fitnessonwheels.com for session dates and times.

• **ON THE MOVE FITNESS & CONDITIONING** (289-3088, onthemovefit.net) offers an Extreme Fitness Boot Camp, a Women's Fitness Boot Camp, Boot Camp Basic and Team Fitness Boot Camp.

• **PERFECTFIT** (perfectfitonline.com, 641-8297) fitness consultant and personal fitness

trainer Dave Soucy offers small group classes featuring circuit training with full-body movements.

• **PILATES MAT** at Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaandmorenh.com) on Tuesdays, 7-8 p.m., and Thursdays, 7-8 p.m. and 9:30-10:30 a.m. Learn the fundamentals of the Pilates technique as taught by founder Joseph Pilates. Drop-in fee is \$15.

• **CONCORD PILATES** (2 ½ Beacon St., Concord, 568-7190, ConcordPilates.com) Increase your core strength. All skill levels are welcome. Drop-in fee is \$18.

• **PILATES** by Deerfield Parks and Rec., Studio 59 at the George B. White Building, 8 Raymond Road, on Wed. and Fri. at 10 a.m. Visit townofdeerfieldnh.com or email dffd-parks@townofdeerfield.com or call 463-8811, ext. 305.

• **PILATES Martial Arts**, 68 N. Stark Hwy., Weare. Call 529-5425.

• **PILATES NH** and Yoga, 76 Route 101A, Amherst. Classes will be held Tuesdays 6-7 p.m. and Mondays 8:15-9:15 a.m. To register call 562-7525.

• **RTH MARTIAL ARTS AND WELLNESS**, 68 N. Stark Hwy., Weare, 529-5425, offers health and wellness classes including zumba, yoga, pilates, yang tai chi chuan and more. Go to nhkick.com.

• **SAGE WELLNESS CENTER AND SPA**, 175 Barnstead Road, Pittsfield, offers massage therapy, yoga, pilates, acupuncture, chiropractic, herbal consults, holistic health coaching, hypnotherapy and other health and wellness techniques. Call 435-7711 or visit www.sagewellnesscenterandspa.com.

• **STRAFFORD COUNTY YMCA** fitness classes including kickboxing, cardio combo and conditioning combo, at Strafford County YMCA, 63 Lowell St., Rochester. Contact Brent Diesel at 332-7334 or bdiesel@gmfymca.org.

• **SYMMETRY PILATES CENTER** offers classes including Pilates core mat, Pilates total fitness reformer, TRX functional strength and core stability barre. Services include Thai yoga relaxation. The center is at 188 Route 101, Bedford. Visit symmetrypilatescenter.com.

• **TOTAL IMAGE PERSONAL TRAINING**, 83 Hanover St., Fourth Floor, Manchester, offers TI Surf among other fitness programs for adults and children. TI Surf will use Surf-Set Fitness. Call 860-6275 or visit www.totalimagept.com.

• **TRADITIONAL NIA** The Holistic Self Care Center, 12 Murphy Drive, Nashua, Mondays from 6 to 7 p.m. Nia is a sensory-based movement lifestyle that leads to health, wellness and fitness and draws from disciplines of the martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. To sign up, call 883-1490, email info@thehsccenter.com, or go to thehsccenter.com.

• **TRAINING EFFECTS NH** (434-9281, trainingeffectsnh.com) in Londonderry offers group boot camp program to promote cardiovascular fitness, muscular endurance, flexibility and balance. Meets Friday at 9:30 a.m.

• **WELLNESS CENTER CLASSES** WellSpace New Hampshire, 633 Maple St., Hopkinton. Offering fitness classes of all levels, tai chi for

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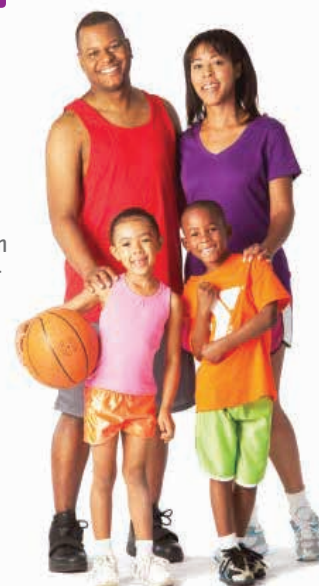
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086422

Question of dealer vs. aftermarket parts has no easy answer



Neither the transmission nor the engine care.

TOM: But the reason he should break himself of this habit is because it's easy to then forget to actually put it in park.

RAY: Maybe you've done this yourself at some point? You pull up somewhere, you're a little distracted, so you turn off the ignition and take your foot off the brake. Then in your peripheral vision you notice that the car next to you is moving. And suddenly it occurs to you: It's not the other car, it's me!

TOM: Of course, it would be worse if you had gotten out of the car before it started to roll away. Luckily, the keys won't come out of the ignition unless the car is in park. So that gives you one more signal that something's wrong (why won't my key come out? Oh, right. Because I didn't put the car in park, and my car is rolling into a UPS truck!).

RAY: But in a car like yours, Michelle, with keyless ignition (where you just need to have the key in your pocket, and the car recognizes it electronically when you get in the car), it's one step easier to leave the car in drive, open the door, get out and walk away.

TOM: Now, that presupposes that you'd somehow miss the warning chime that would sound when you opened the door with the car in gear. But remember, you've already tried to turn off the car without putting it in park, so we know you're distracted.

RAY: So, while it's not mechanically

harmful, Michelle, it could lead to a stupid mistake. So remind him that you're getting married soon. And tell him that means that if he does ever leave the car in drive and lets your car roll into a fetid, alligator-infested swamp, there are a lot of years ahead for him to never live it down. Good luck.

Dear Tom and Ray:

I have a Dodge Durango, 2000, four-wheel-drive. I have three faulty oxygen sensors (as detected by a scan); one of them may have oil-soaked wires. I'd like to replace them but have been told by a mechanic friend that I really ought to get actual Dodge parts from the dealer, because "Dodges don't like aftermarket parts from O'Reilly's, Advanced, etc., auto parts stores." An auto rebuilder friend of mine says that's a bunch of nonsense, and that the aftermarket parts from O'Reilly's, et al. are just fine. There's a significant price difference, and I'm reluctant to ask Dodge about this, as I know what the answer will be. So, what do you think? Original factory oxygen sensors, or aftermarket, more affordable ones? — Steve

RAY: There's no single easy answer to this question about factory parts versus aftermarket parts.

TOM: Lots of aftermarket parts are just fine. In fact, some are exactly the same as the original parts, and are made by the same supplier. We've run into cases where the original supplier is, for instance, DENSO, and the same DENSO part is available

online cheaper than at the dealer's parts department.

RAY: But it's also possible to get cheap junk. We've had situations where aftermarket parts didn't perform the way they were supposed to.

TOM: In this case, Steve, I think it's fine to take a chance on aftermarket parts. Why? Because the labor is so minimal. An oxygen sensor is basically a plug-in part. It takes a minute to install (although wrestling out an old, rusted one might take a while!).

RAY: So if, by chance, the part you get doesn't do its job, you can unplug it, take it back for a refund and buy something else. Because aftermarket parts usually are guaranteed.

TOM: It's just that the labor is not. So if you were installing a clutch that took a weekend of labor, you wouldn't want to mess around with aftermarket parts unless you were really certain of them, because that's not a job you want to do twice, even if the second set of parts doesn't cost you anything.

RAY: But in the case of things that are relatively easy to install and remove, especially on an older vehicle, I wouldn't hesitate to try a well-regarded aftermarket part. 🍌

Got a question about cars? Write to Click and Clack by visiting cartalk.com.

(c) 2013 by Tom and Ray Magliozzi and Doug Berzman

Dear Tom and Ray:

I met my fiance in a car accident three years ago. I bumped into his car, and the rest is history. However, as luck would have it, the only time we argue is when it comes to driving and car care. He drives a stick-shift Mazda Miata, and I drive an automatic 2010 Nissan Altima. So there are a lot of features in my car that he had to get used to (e.g., keyless ignition). The one thing that always gets me is that he often turns off the engine without shifting back into park. I tell him that it damages the car, and he says no it doesn't. I find that hard to believe, because the car won't start if the gear lever is not in park. Can you knock some sense into my man? I love him to death, but not his car/driving philosophy. Thank you. — Michelle

RAY: Well, the act of turning off the engine while the car is still in drive doesn't hurt anything, other than the chances that you're going to go with him to the altar.

SEASON OF ENCHANTMENT

The sixth annual Enchanted Fall Festival will come to the Massabesic Audubon Center (26 Audubon Way, Auburn) on Saturday, Oct. 19, from 3:30 to 8 p.m. Take a tour along a lighted path and meet naturalists, musicians and festival players along the way toward the enchanted bonfire. The event will also include crafts, games and live animal demonstrations. Registration is required for the tours, which leave at 4 p.m., 4:45 p.m., 5:30 p.m., 6:30 p.m., and 7:15 p.m. Call 688-2045. Pictured: A painted pumpkin at the festival. Courtesy photo.



arthritis and qigong, strength training, boot camp, yoga, personal training, mindful meditation, children's dance classes and nutrition & weight loss programs. Call Jane Sullivan-Durand, MD, founder of Well-Space NH, at 746-4626 or Ami Sarasvati at amisarasvati@yahoo.com. • **YMCA** of Greater Manchester offers a wide variety of fitness

classes. Visit manchesterymca.org or call 623-3558.

• **ZUMBA** Mon. and Thurs. at 5:30 p.m., Tues. at 5:45 p.m., first class free, at Royal Palace Dance Studio, 167 Elm St., Manchester, RoyalPalaceDance.com.

• **ZUMBA** at the Queen City Ballroom (21 Dow St., Second Floor, Manchester) Mon., at 6:30 p.m., Tues., at 8:30 a.m., and Thurs., at 6:15 p.m. All

experience levels are welcome and prior dance experience is not needed. Dance or cross training shoes are recommended. Classes are on a \$5 drop in rate. Call instructor Tracey Barker-Randlett at 341-2514 or Queen City Ballroom at 622-1500. Email karen@queencityballroomnh.com or visit queencityballroomnh.com. • **ZUMBA** McConnell Center Gym in Dover offers classes

every Wed. 7-8 p.m., Sat. 9-10 a.m. and Sun. 10-11 a.m. A 6-week session costs \$30 for Dover residents (\$35 for nonresidents). Drop-ins are also welcome. New classes start every 6 to 7 weeks. Zumba is a fun and easy dance-fitness program designed for people of all ages and levels of fitness. Contact the Dover Rec Center at 516-6401 or the instructor, Diana Post, at 969-6413.

• **ZUMBA FITNESS DANCE CLASSES** at Queen City Ballroom (21 Dow St., Manchester) on Mondays, 6:30-7:30 p.m., and Thursdays, 6:15-7:15 p.m. For all fitness and experience levels. Prior registration is not required. Drop-in rate is \$5. Call 341-2514 or visit queencityballroomnh.com.

• **ZUMBA GOLD** with Ginger Kozlowski on Tuesdays, Wednesdays and Thursdays, 6-6:45 p.m. Tuesday classes at the old Bedford Town Hall (3 Meetinghouse Road, Bedford), Wednesday at Hooksett Town Hall (35 Main St., Hooksett) and Thursday at Mill-A-Round

Dance Center (250 Commercial St., Manchester). Classes cost \$7 at the door, with the first class free. Email apljacker@gmail.com or visit gingerk.zumba.com.

Misc Bake/yard sales/ fundraisers/auctions

• **FOOD DRIVE** at Renu Body Spa & Salon (583 DW Highway, Merrimack) through Sat., Oct. 26. Spa services will be awarded depending on the amount of canned goods donated. Call 424-8826 or visit renusalonspa.com.

• **NEW CASTLE CHURCH GUILD FALL YARD AND BAKE SALE** at the New Castle Congregational Church (65 Main St., New Castle) Sat., Oct. 12, 8 a.m.-1 p.m. There will be books, appliances, clothing and more.

• **CHUNKIN' IN THE GARDENS** at Trombly Gardens (150 N. River Road, Milford) Sun., Oct. 13, 10 a.m.-4 p.m. The event will include a pumpkin launch, music, vendors, kids'

games and more. Call 673-0647 or visit tromblygardens.ipage.com.

• **BARK IN THE PARK** at Benson Park (23 Kimball Hill Road, Hudson) Sat., Oct. 19, 11 a.m.-2 p.m. The event will include a poker walk and a costume contest for dogs. There will also be a bake sale and raffles. Proceeds benefit the Hudson Dog Park. Email info@hudsondogpark.com or visit hudsondogpark.com.

• **RENU'S CUT A THON FOR EASTER SEALS NH** at Renu Body Spa & Salon (583 DW Highway, Merrimack) Mon., Oct. 21, 3-7 p.m. Haircuts cost \$15 for adults and \$10 for ages 13 and younger. Proceeds benefit Easter Seals NH. Call 424-8826, email RenuSalonSpa@aol.com or visit RenuSalonSpa.com.

• **FRIENDS OF FORGOTTEN CHILDREN FUNDRAISER** at Uno Chicago Grill (15 Fort Eddy Road, Concord) Wed., Oct. 23, 11 a.m.-close. By using a printed voucher, 20 percent of the bill will be donated

BACK IN THE OLD DAYS

Take a trip back in time and learn about how work was done in early America. The seventh annual Old Ways Days comes to Old Ways Traditions (418 Shaker Road, Canterbury) on Saturday, Oct. 19, and Sunday, Oct. 20, from 10 a.m. to 4 p.m. Check out early farm equipment like a corn grinder, bean sheller and winnower. There will also be opportunities for kids to receive a hands on lesson in the usage of traditional tools. At 2 p.m., on both days take a tour of the farm to learn about the different types of stone walls present on the property. Also joining the tour will be Jessica Abbate and her group of pack goats. Call 783-4403, email efurnitr@comcast.net or visit oldwaystraditions.net. Pictured: Pack goats on the move. Courtesy photo.



to Friends of Forgotten Children. Print out the voucher by visiting fofc-nh.org/events.html.

• **FALL YARD SALE** at the Lawrence Barn (28 Depot Road, Hollis) Sat., Oct. 26, 8 a.m.-1 p.m. The event is hosted by the Hollis Woman's Club. Donations are being accepted. Contact Jane Cleveland at 465-2097 or jeanne3484@yahoo.com.

• **WINE & CHOCOLATE FUNDRAISER** at the Derryfield Country Club (625 Mammoth Road, Manchester) Sat., Oct. 26, 6-10 p.m. The event will include live music, silent auctions, raffles and chocolate and wine tastings. Tickets cost \$30 and will benefit the Friends of the Manchester Animal Shelter. Visit manchesteranimalshelter.org.

Expos/festivals/fairs

• **MILFORD PUMPKIN FESTIVAL** at the Milford Oval on Fri., Oct. 11, 5-8:45 p.m., Sat., Oct. 12, 10 a.m.-9 p.m., and Sun., Oct. 13, 7:30 a.m.-3 p.m. Events include a pumpkin catapult, a pumpkin weigh in, craft fair, motorcycle show, live music and more. Visit milfordpumpkinfestival.org.

• **WARNER FALL FOLIAGE FESTIVAL** in downtown Warner, Fri., Oct. 11, 6-9 p.m., Sat., Oct. 12, 9 a.m.-8 p.m., and Sun., Oct. 13, 9 a.m.-6 p.m. The event will include crafts, rides, food, parades, music and more. Admission is free. Parking is \$3. Visit wfff.org.

• **QUARK FEST** at Brookford Farm (250 West Road, Canterbury) Sat., Oct. 12, 2-7 p.m. Events include farm tours, pumpkin carving, music, children's games and agricultural demonstrations. There will be a quark recipe contest with prizes. Email brookfordfarm.csa@gmail.com or visit brookfordfarm.com.

• **RINDGE WOMAN'S CLUB HARVEST FAIR** at the meetinghouse in Rindge Center, Sat.,

Oct. 12, 9 a.m.-2 p.m. The fair will feature a farm stand, craft fair and flea market.

• **PUMPKINFEST** at Somersworth Plaza (Main Street, Somersworth) Sat., Oct. 12, 10 a.m.-4 p.m. The event will include pumpkin carving, hay rides, a giant catapult and live entertainment. Admission is \$12 per child and free for adults. Visit nhfestivals.org.

• **FARM DAY** at Miles Smith Farm (56 Whitehouse Road, Loudon) Sun., Oct. 13, 10 a.m.-4 p.m. The event will include hayrides, live music, food and cow rides. Admission is free, but some activities have an additional fee. Call 783-5159 or visit milesmithfarm.com.

• **ONLINE IDENTITY OPTIMIZATION FOR JOB SEEKERS** at the Nashua Public Library (2 Court St., Nashua) Thurs., Oct. 17, at 7 p.m. Learn how to make sure your online and social media presence is attractive to potential hirers. Call 589-4610.

• **SOUTHERN NH EXPO** at the Hampshire Dome (50 Emerson Road, Milford) Thurs., Oct. 17, 2-7:30 p.m. More than 200 exhibitors will have their products and services on display. The event will also include live music and dance performances. Visit souhegan.net.

• **RIVERFIRE** at Northern Forest Heritage Park (942 Main St., Berlin) Sat., Oct. 19, 2-10 p.m. The festival will include pumpkin-themed events, a petting zoo, hayrides and a haunted house. At dusk, fires will be lit on the river. Visit riverfirenh.com.

• **ENCHANTED FALL FESTIVAL** at the Massabesic Audubon Center (26 Audubon Way, Auburn) Sat., Oct. 19, 3:30-8 p.m. Events include a lighted pathway to explore, meetings with naturalists, live music and the enchanted bonfire. Tours are offered at 4 p.m., 4:45 p.m., 5:30 p.m., 6:30 p.m., and 7:15 p.m., and require a reservation. Admission is \$25 per family.

Call 668-2045 or visit nhaudubon.org.

• **OLD WAYS DAYS** at Old Ways Traditions (418 Shaker Road, Canterbury) Sat., Oct. 19, and Sun., Oct. 20, 10 a.m.-4 p.m. The event will include farm tours, live animals and a hands-on look at old-fashioned tools and culture. Call 783-4403, email efurnitr@comcast.net or visit oldwaystraditions.net.

• **HARVEST FESTIVAL** at Great Bay Community College (320 Corporate Drive, Portsmouth) Sat., Oct. 26, 10 a.m.-1 p.m. The event will include face painting, live music and an outdoor market. Children in costume will receive a free goodie bag. Visit greatbay.edu.

Haunted Houses

• **SCREEEMFEST** at Canobie Lake Park (85 N. Policy St., Salem) each weekend through Sun., Oct. 27. The haunted attractions include five haunted houses, a new side show variety show and "feats of daring" held in the midway area. Family friendly activities include a petting zoo and pumpkin palace on Saturday and Sunday afternoons. Visit canobie.com/screeemfest.

• **SPOOKY WORLD PRESENTS NIGHTMARE NEW ENGLAND** at Mel's Funway Park (454 Charles Bancroft Highway, Litchfield) on Thursday, Friday, Saturday and Sunday through Sat., Nov. 2, at 7 p.m. Call 424-7999 or visit nightmarenewengland.com.

Halloween

• **HALLOWEEN HOOT N' HOWL** at the Squam Lakes Natural Science Center (23 Science Center Road, Holderness) Sat., Oct. 19, 6-8:30 p.m. The all-ages event will include a tour of the grounds, live skits and more. Cost is \$11, with a \$1 discount for every reservation paid by Friday, Oct. 11.

• **HALLOWEEN FRIGHT NIGHT** at Greeley Park (100 Concord St., Nashua) Fri., Oct. 25, 6:30-8:30 p.m. The event

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Everyday superheroes

Village Comics hosts fundraiser for hearing impaired kids

By Cory Francer
cfrancer@hippopress.com

Superheroes do, in fact, wear blue ears.

And they don't have to be from some far away planet, wear a cape or even fight crime. They can be a 5-year-old boy from Salem and they can be found among the support team that helps him power through each day despite medical complications that include hearing loss.

The story of how the Blue Ear became a superhero begins in Anthony Smith's bedroom. Anthony, then 4, had a new behind-the-ear hearing aid but refused to put it in, which his mother Christina D'Allesandro said came as a bit of a surprise. The new hearing aid seemed to finally provide some relief to Anthony, who has complete hearing loss on one side and a mild loss on the other. It was even blue, a color that Anthony had picked out himself.

"Superheroes don't wear blue ears," he told his mom.

After some coaxing, D'Allesandro got Anthony to put his hearing aid on and sent him off to school. Recognizing her son's love of comic books and superheroes, D'Allesandro went to work scouring the Internet in search of a hearing-impaired character. She landed on

the Marvel website and found a general email address, to which she sent a brief message, asking if the comic company could point her toward a superhero with hearing aids.

Within two days, D'Allesandro said, Marvel replied to her with professionally drawn images of a new character, the Blue Ear, using his super charged hearing aids to listen out for crime and people in trouble. The story quickly went viral, with Anthony and his family traveling to New York to appear on television and in newspaper stories that ran internationally. But most importantly, D'Allesandro said, seeing the Blue Ear has boosted Anthony's self esteem and encouraged him to wear his own blue ear.

"At times you can feel isolated for different reasons," D'Allesandro said. "For Anthony, he can look at the pictures and he can create a story where he can become that hero easily."

While the Marvel-created character was a huge encouragement for Anthony and his family, D'Allesandro said on a more local level, the people at HEAR in New Hampshire have done some superhero work as well. The Manchester-based nonprofit serves as a resource for hearing impaired children and their families and runs a playgroup that Anthony attended during his preschool years.

On Saturday, Oct. 12, from noon to 4 p.m., Village Comics in Bedford will host a fund-raising event to give a boost to HEAR in New Hampshire. The store opened in August, but co-owners J Moulton and Ken Naylor wasted no time putting together their first charitable event.

Moulton said he knew of the Blue Ear story and, because of its local ties, jumped at the opportunity to help out. He reached out to local artist Emily Drouin, who creat-



Local artist Emily Drouin's depiction of the Blue Ear. Courtesy photo.

ed a print of the Blue Ear in action just for the event. The print will be on sale during the fundraiser for \$10, with 100 percent of the proceeds benefiting HEAR in New Hampshire.

"To me, [Anthony] is a local hero and a superhero of a kid, let alone a superhero made by Marvel," Moulton said. "I definitely think this is the best way to have our first fundraiser and to get the word out."

Anthony, D'Allesandro, Drouin and a representative from HEAR in New Hampshire will all be at the event to meet with comic book fans and to discuss the importance of the organization. D'Allesandro said HEAR in New Hampshire has been an extraordinary resource in Anthony's development, and she wants to help spread awareness of the organization and for the importance of early amplification for hearing-impaired children.

"What I love about HEAR is that they made him responsible for own equipment," she said. "They taught him to self-advocate for when to use it."

Moulton said what he likes about the Blue Ear, and with Marvel comics in particular, is how many of the characters have a disability or impairment that they must overcome. For example, he said, Daredevil is blind and Professor X is in a wheelchair, but they can still carry out their superhero duties.

"Any child anywhere should feel, no matter the pressures of school, society, or their peers, that they are their own superhero," he said. "They can stand above anything. It takes a lot of courage, especially for this child."

The common thread through all of them is that they don't let these obstacles define them, a characteristic that D'Allesandro said is important to instill in her own superhero.

"The character is not about hearing loss, it's about being a superhero but his power is super hearing," she said. "He's a superhero first. With Anthony, he's an amazing, awesome kid who loves superheroes, and, by the way, he has a blue ear." 🦋

HEAR in New Hampshire benefit

When: Saturday, Oct. 12, noon to 4 p.m.

Where: Village Comics, 196 Route 101, Bedford

Contact: Call 471-3931 or visit village-comics.net.

Donate: Receive a Blue Ear print for a \$10 donation to HEAR in New Hampshire

will include hayrides, a haunted maze, a bounce house and more. The event is hosted by the Nashua Parks and Recreation department. Admission is free.

• **HALLOWEEN CELEBRATION** at The Black Swan Inn (354 W. Main Street, Tilton) Sat., Oct. 26, 2-5 p.m. The all-ages event will include a treasure hunt with zombie pirates, crafts, games and a fire-breathing and dance performance. Admission is free. Visit blackswaninn.net.

• **DARK TALES OF THE PAST** at the Amos J. Blake House Museum (66 General James Reed Highway, Fitzwilliam) Thurs., Oct. 31, at 5 p.m. Every half hour until midnight, costumed storytellers will tell scary stories. There is a sug-

gested donation of \$5. Call 585-7742 or email fhs@myfairpoint.net.

Other

• **MAKING A STAND: U.S. LEADERSHIP IN EMERGING CRISES** at UNH Manchester (400 Commercial St., Manchester) Thurs., Oct. 10, at 6 p.m. Ambassador Rick Barton will lead the program as part of the World Affairs Council of New Hampshire's Global Tipping Points Series: US Foreign Policy in a Changing World. Free. Prior registration is encouraged. Visit wacnh.org.

• **NASHUA REPUBLICAN CITY COMMITTEE MEETING** at the Crowne Plaza (2 Somerset Parkway, Nashua)

Thurs., Oct. 10, at 7 p.m. Ask questions for the candidates for alderman and alderman at large. Call Di Lothrop at 864-9287 or visit nashuagop.org.

• **USING THE HEALTH INSURANCE MARKET-PLACE** at the Merrimack Public Library (470 DW Highway, Merrimack) Thurs., Oct. 10, 7-8:30 p.m. Learn what the Affordable Health Care Act will mean for you. Meet with AARP staff and volunteers. Call 424-5021 or visit merrimack.lib.nh.us.

• **DROP-IN TECHNOLOGY HELP** at the Merrimack Public Library (470 DW Highway, Merrimack) Fri., Oct. 11, 11 a.m.-noon and Mon., Oct. 21, 7-8 p.m. Learn more about using

tablets, e-readers and smart-phones. Call 424-5021 or visit merrimack.lib.nh.us.

• **HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY** at the Manchester Drop-Off Center (500 Dunbarton Road, Manchester) Sat., Oct. 12, 9 a.m.-2 p.m. For Manchester residents with proof of residency, drop off pesticides, herbicides, oil-based paint, wood stain and strippers, sealants, thinners, poisons, acids, cleaning products and pharmaceuticals. Call 624-6444.

• **THE ENCHANTED ISLAND - A TALE FROM ANCIENT JAPAN** at the Mariposa Museum (26 Main St., Peterborough) Sat., Oct. 12, at 11 a.m. and 1 p.m., and

Sun., Oct. 13, at 1 and 3 p.m. The Phoenix Marionettes will perform this story based on an ancient Japanese folktale. Admission is \$7 for adults, \$5 for children. Call 924-4555 or visit mariposamuseum.org.

• **WITCHES, POP CULTURE, AND THE PAST** at the Amherst Town Library (14 Main St., Amherst) Tues., Oct. 15, at 7 p.m. Robin DeRosa, a professor of English and women's studies at Plymouth State University, will discuss the Salem witch stories and their authenticity. Admission is free, but prior registration is required. Call 673-2288, email library@amherst.lib.nh.us or visit amherst.lib.nh.us.

• **KAYAKING AT CEDAR**

KEY at the Meredith Public Library (91 Main St., Meredith) Tues., Oct. 15, at 6:30 p.m. Paula Wanzer, an Adirondack guide and ACA Kayak and Canoe Instructor, will discuss kayaking and Cedar Key. Call 279-4303 or visit meredithlibrary.org.

• **A CALL TO ACTION: HUMAN TRAFFICKING IN OUR BACKYARDS** at the Crowne Plaza Hotel (2 Somerset Parkway, Nashua) Wed., Oct. 16, 7:45 a.m.-noon. Learn from guest speakers about human trafficking that is occurring in Atlanta, Maine, Minnesota and New Hampshire. Cost is \$25. Registration is required. Call 595-3168 or visit stjosephhospital.com/Human-Trafficking.

ANTIQUE APPRAISAL

Antique items can carry a hefty price tag. Visit the Hillsborough Heritage Museum (5 Central St., Hillsborough) on Sunday, Oct. 20, from 1 to 4 p.m., for an Antique Appraisal Faire and find out what your antiques could be worth. Three antiques experts, Keith Klinger of Klinger Antiques in Ant- rim, Marsha Leizure of Withington Auctions in Hillsborough and David Searles, a specialist in antique clocks, watches, jade and jewelry will be available for verbal appraisals of antique items. Contact Jane Butler at 588-2603 or jane@janebutler.com or call 464-2592 or email emharbour@gmail.com.



• **DEVICE WORKSHOP** at U.S. Cellular (946 S. Willow St., Manchester) Thurs., Oct. 17, 6-8 p.m. Learn about the features of various smartphones. Free. RSVP by calling 622-1033.

• **CELEBRATE SAMHAIN** at the Peterborough Community Center (19 Elm St., Peterbor- ough) Sat., Oct. 19, 10 a.m.-6 p.m. The event will recognize Samhain, the Celtic celebration of the final harvest and "day of the dead." Events include magic, music, crafts and more. Email info@celebratesamhain.com or visit celebratesamhain.com.

• **NOT SO ELEMENTARY, MY DEAR WATSON: THE POPULARITY OF SHER- LOCK HOLMES** at the Derry Public Library (64 E. Broadway, Derry) Sat., Oct. 19, 1:30-2:30 p.m. Ann McClellan, a profes- sor at Plymouth State Univer- sity, will discuss why Sherlock Holmes is one of history's most popular literary characters. Call 432-6140 or visit derrypl.org.

• **NH AUTO SHOW** at NH Sportsplex (68 Technology Drive, Bedford) Fri., Oct. 18, noon-9 p.m., Sat., Oct. 19, 10 a.m.-9 p.m., and Sun., Oct. 20, 10 a.m.-5 p.m. The event will feature more than 150 new vehi- cles and alternative-fuel vehi- cles. Admission is \$5 for ages 7 and older and free for children 6 and younger and active duty military. On Sunday, admission is free for ages 12 and younger. Visit nhautoshow.com.

• **ANTIQUE APPRAISAL FAIRE** at the Hillsborough Heritage Museum (5 Central St., Hillsborough) Sun., Oct. 20, 1-4 p.m. Antiques experts will be available for appraisals. Call 588-2603 or 464-2592 or email jane@janebutler.com or emhar- bour@gmail.com.

• **TEMPLE OF WITC- H-CRAFT'S ANNUAL SAM- HAIN PSYCHIC FAIR** at Upper Village Hall (52 East Derry Road, Derry) Sat., Oct. 26, 10 a.m.-5 p.m.

• **SMYTH PUBLIC LIBRARY BOOK SALE** at the Henry W. Moore School (12 Deerfield Road, Candia) Sat., Oct. 26, 9 a.m.-noon and 1-4 p.m. Proceeds benefit the Smyth Public Library. Call 483-8245.

• **HOME FUNERAL HOW- TO WORKSHOP** at the Dover Friends Meeting (141 Central Ave., Dover) Sat., Oct. 26, 10 a.m.-3 p.m. Learn information about holding home funerals and green funerals. A \$25 dona- tion is suggested. Email Fran at chickering@myfairpoint.net. Visit nhfuneral.org.

• **ZOMBIE WALK** at Arms Park (Commercial Street, Man- chester) Sun., Oct. 27, at 4 p.m. This is an approximately one- mile walk. Cost is \$5 per walker with a zombie upgrade option of \$15. Visit millenniumrunning.com/zombie.

Museums & Tours Exhibits

• **NASHUA FLOOD EXHIB- IT** at the Florence H. Speare Memorial Museum (5 Abbott St., Nashua) on display through the end of October. The display includes photographs and his- torical items surrounding the flood that devastated Nashua in 1936. The museum is open Tuesday through Thursday, 10 a.m.-4 p.m. Admission is free. Visit nashuahistoricalsociety.org.

• **EXPEDITION EARTH: THE RAINFOREST** at the McAuliffe-Shepard Discovery Center (2 Institute Drive, Concord) through Sun., Jan. 5. Learn about frog species, the differences between a New Eng- land forest and the rainforest and try on climbing gear. Call 271-7827 or visit starhop.com.

• **LUNAR RECON: SPACE- CRAFT, CRATERS AND COSMIC RAYS** at the McAuliffe Shepard Discovery Center (2 Institute Drive, Concord). The exhibit will detail the dis- coveries of the Lunar Recon- naissance Orbiter mission launched by NASA. Visit star- hop.com.

• **PEOPLE YOU SHOULD KNOW...PORTRAITS FROM THE COLLECTION** at the Millyard Museum (200 Bedford St., Manchester) through Sat., Oct. 12. The exhibit will feature pieces from the Manchester Historic Association's collection of portraits of important figures from throughout the history of Manchester. The museum is open Tues. through Sat., 10 a.m.-4 p.m. Admission is \$8 for adults, \$6 for ages 62 and older and college students, \$4 for ages 12-18 and free for ages 12 and younger. Call 622-7531 or visit manchesterhistoric.org/millyard-museum.

• **SCIENCE FICTION EXHIBIT** at the McAuliffe- Shepard Discovery Center (2 Institute Drive, Concord). The exhibit will allow visitors to sit in chairs used in the set of *Star Trek: The Next Generation* and will feature a costume worn in *Star Trek: The Movie*. There is also a display of science-fic- tion toys. Admission is \$10 for adults, \$7 for ages 3 to 12, \$9 for ages 62 and older, \$9 for ages 13 through college and free for 2 and younger. Call 271-7827 or visit starhop.com.

Events

• **WALK WITH WASHING- TON** at the Gov. John Langdon House (143 Pleasant St., Ports- mouth) every Friday, 11 a.m.-2 p.m. through Fri., Oct. 11. The tour will take visitors through the Portsmouth streets and loca- tions that George Washington visited when he visited the city. Tickets are \$12. Call 436-3205 or visit historicnewengland.org.

• **NEW HAMPSHIRE'S ONE- ROOM RURAL SCHOOLS** at Barnstead Town Hall (108 S. Barnstead Road, Barnstead) Fri., Oct. 11, at 7 p.m. Learn about New Hampshire's one-room school houses and their legacies in the region. Call 269-3900.

• **VISITING ANDOVER'S FIRST SETTLER** at the Emery Homestead (363 Chase Road, Andover) Sun., Oct. 13, 1-3 p.m. Visit the burial ground of Ando-

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Save your back

Tips for supporting your spine

By Joel Bergeron
listings@hippopress.com



As fall approaches you may find yourself doing more work outside — raking leaves, cleaning out rain gutters or just finishing up summer projects before it gets too cold. Many of these activities put extra strain on your back, and after a long day of work you may find yourself with aches and pains.

If you've ever had a back injury, you know it's not fun. Almost everything we do in life involves the spine, and the constant pain and discomfort from a back ailment is something nobody wants to endure. Here are a few tips on how to stay protected from back issues:

1 Sit ... up! Most of us spend the majority of our day in a seated position. How you sit has a tremendous effect on back health. Your chair should feature three things: arm rests, adjustable height, and quality lower lumbar support. Set the height of your chair so that your thighs are level with the floor. If it is too low, you'll find yourself slouching. If it's too high, you may have neck pain from hav-

ing to look down at your paperwork or computer screen. Arm rests help reduce the amount of load on the spine by transferring some of your weight onto the arms — adjust those so that your shoulders are relaxed but supported and not 'shrugged' upward. Finally — and most importantly — make sure your lower back is relatively straight with a slight arch. Your chair should have a protrusion in a 'S' type of curve to accommodate the small of your back and provide some neck support. When you sit, avoid slouching by having support with your chair. If you drive a lot, make sure you sit upright in the car too.

2 Posture Counts. Try this: hold a pen in each hand as if you're carrying a pair of suitcases. Allow your arms to relax and don't grip the pens too tightly. Now take a look at them. Are they pointed directly ahead, or are they angled toward your belly button? If they are angled inward, you are hunched over. Pull your shoulders back and lift your chin until they point directly ahead — this is correct posture! When walking, try not to hunch forward or droop your head.

3 Sleep Right. Even though you may be at rest, your body is still working to protect itself. If you don't sleep in a good position you will wake up still in a fatigued state and be more likely to have a back issue. Are you a side, stomach, or back sleeper? Believe it or not, sleeping on your stomach is the worst position to be in. Sleeping on your back is OK, so long as your pillow supports your neck. When sleeping on the back it is recommended that you place a small pillow (or rolled up towel) underneath your knees to reduce pressure on the lower back. If you sleep on your side you should place a pillow between your knees, hug a pillow with your free arm, and make sure your head is supported properly with a third pillow.

4 Make it Stronger. Working out is one of the best ways to protect your back. Make sure you add crunches into your routine, stretch after each workout gently, holding each position for at least 30 seconds, and work the muscles of the back at least twice as much as other parts of the body each workout.

5 Lift Correctly. The old adage of 'bend the knees, not the back' to lift weights still holds true. However, add this



caveat: keep your back straight and keep whatever you're lifting close to your body. The farther away an object is, the greater the amount of stress and pressure on the spine.

Your back is the most important structure in your body for overall health, but it's also one of the most vulnerable to injury. Following these basic tips will contribute to a lifetime free from back injuries.

Do you have a question about health and fitness that you'd like answered in the Healthy Hippo? Email Joel Bergeron at info@nlpstrength.com. Joel is a former NCAA D1 and professional sports coach and holds a master's degree in sport science. Be sure to check with your doctor before changing your eating habits or embarking on a new exercise program.

ver's first setter, Joseph Fellows and monument commemorating his achievements.

- **CONTINUING ADVENTURES IN PRESERVATION** at the Florence Speare Museum (5 Abbott St., Nashua) Tues., Oct. 15, at 7:30 p.m. Hosted by the Nashua Historical Society, William P. Veillette, the executive director of the Northeast Documentation Conservation Center, will discuss the difficulties and discoveries of preservation. Admission is free. Call 883-0015 or email nashuahistorical@comcast.net.
- **CIVIL WAR TALK** at Temple town hall (Route 45, Temple) Tues., Oct. 15, at 7 p.m. New Hampshire journalist and historian Mike Pride will discuss his book, *Our War: Days and Events in the Fight for the Union*.
- **GEORGE WASHINGTON: GENTLEMAN WARRIOR** at the American Independence Museum (1 Governors Lane, Exeter) Wed., Oct. 16, at 6 p.m. Learn about George Washington's experiences during the American revolution. Admission is free. Call 772-2622, email info@independencemuseum.org or visit [\[museum.org\]\(http://museum.org\).](http://independence-

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- **GHOSTS OF WINTER STREET CEMETERY** at the Winter Street Cemetery (Winter Street, Exeter) Sat., Oct. 26, 3 p.m. or 4:30 p.m. Hosted by the American Independence Museum, role-players will perform as historic Exeter residents. Cost is \$12 for adults and \$10 for children 12 and younger. Call 772-2622, email info@independencemuseum.org or visit independencemuseum.org.
- **MARGARET BOURKE-WHITE, COURAGEOUS PHOTOGRAPHER** at the Amherst Town Library (14 Main St., Amherst) Tues., Oct. 29, at 7 p.m. This is a living history program featuring Sally Matson as Margaret Bourke-White, a journalist in the 1930s through 1950s. Admission is free, but prior registration is required. Call 673-2288, email library@amherstlibrary.org or visit amherstlibrary.org.

Nature & Gardening Animals/insects/plants

- **BIRD BANDING DEMONSTRATION** at the Massabesic Audubon Center (26 Audubon Way, Auburn) Sat., Oct. 12, 10 a.m.-noon. Licensed bird bander

Jay Barry will lead the program, catching and identifying birds. Participants will help enter data into a national database. Admission is free. Call 668-2045 or visit nhaudubon.org.

- **INTRO TO PELAGIC WILDLIFE** at the Massabesic Audubon Center (26 Audubon Way, Auburn) Sat., Oct. 12, 3-4 p.m. View a slideshow of wildlife found on the New Hampshire Seacoast and how to identify it. Cost is \$5, which is waived for those attending the pelagic trip the following day. Call 668-2045 or visit nhaudubon.org.
- **PELAGIC TRIP** to Rye Harbor on Sun., Oct. 13, 8 a.m.-5 p.m. Board the MV Granite State with the Audubon Society and travel to Jeffreys Ledge to view wildlife. Cost is \$85. Registration is required. Call 668-2045 or visit nhaudubon.org.
- **ETHIOPIA: BIRDING THE HORN OF AFRICA** at the Nashua Public Library (2 Court St., Nashua) Wed., Oct. 16, at 7 p.m. Hosted by the Nashaway Chapter of the Audubon Society, Dana and Bob Fox will discuss their experiences birding in Ethiopia. Admission is free. Contact Richard Maloon at 424-

5621 or richard.maloon@att.net.

- **FIELD TRIP TO GREAT BAY IN NEWINGTON** on Sat., Oct. 19, 7:30 a.m.-3:30 p.m., hosted by the Nashaway Chapter of the Audubon Society. Participants will meet at the Exit 7 Park and Ride in Nashua. Bring binoculars, a scope and a lunch. The field trip is free to attend. Contact Richard Bielawski at 429-2537 or rbielawski@mac.com.
- **BOBCATS!** at the Merrimack Public Library (470 DW Highway, Merrimack) Thurs., Oct. 24, 7-8:30 p.m. Richard Masters, an environmental educator with PMNH Fish and Game, will discuss bobcat history and current conservation efforts. Children and adults are welcome. Call 424-5021.
- **NATURE WALK & PICNIC** at Cummings Conservation Center (126 South Road, Deerfield) Sat., Oct. 26, 10 a.m.-1 p.m. Join Bear-Paw Regional Greenways for a walk and picnic at the center. Call 463-9400, email info@bear-paw.org or visit bear-paw.org.
- **SNAKE AND RAVEN FEEDING** at Massabesic Audubon Center (26 Audubon Way, Auburn) every Sunday, 11

a.m.-1 p.m. Watch the center's ball python and raven as they are fed. The snake feeding is at 11:30 a.m. and the raven feeding is at 12:30 p.m. Call 668-2045 or visit nhaudubon.org.

- **EVOLUTION OF BALEEN WHALES EXHIBITION** at the Seacoast Science Center (570 Ocean Blvd., Rye, 436-8043, ext. 12). Learn about humpback whales' ancient ancestors. Exhibition includes a life-sized model of Ambulocetus, the first whale ancestor, a video and three new toothed-whale skeletons.
- **OTTER ENRICHMENT** at Squam Lakes Natural Science Center (23 Science Center Road, Holderness) every Monday, Wednesday and Friday, at 11:30 a.m. Learn about river otters and watch as a live otter eats. Admission is \$15 (\$12 for ages 65+, \$10 for ages 3-15, free for 2 and younger). Call 968-7194 or visit www.nhnature.org.
- **TURTLE TALK** at the Squam Lakes Natural Science Center (23 Science Center Road, Holderness) every Tuesday, 11:30 a.m.-noon. Each turtle talk will feature a live turtle. Call 968-7194 or visit nhnature.org.
- **UP CLOSE TO ANIMALS**

at the Squam Lakes Natural Science Center (23 Science Center Road, Holderness) every Saturday and Sunday, noon and 2 p.m. Take a close look at a variety of live animals and learn about them from a naturalist. These presentations are part of the regular trail admission. Registration is not required. Call 968-7194 or visit nhnature.org.

Gardening/farming

- **THE ART OF BONSAI** at the First Congregational Parish House (10 Union St., Milford) Mon., Oct. 14, at 10:30 a.m. Hosted by the Milford Garden Club, David and Myrla Bryant of New Hampshire Bonsai will discuss the history of Bonsai and current Bonsai practices.
- **THE GARDENS OF PARIS** at the Nashua Public Library (2 Court St., Nashua) Thurs., Oct. 24, at 7 p.m. Maureen Bovet, a former Paris Garden Guild tour guide, will discuss Parisian parks and gardens. Admission is free and registration is not required. Call 589-4610 or visit nashualibrary.org.

Outdoors

- **CORN MAZE** at Moulton Farm (18 Quarry Road, Mer-

IT'S ELEMENTARY

Sherlock Holmes has been a literary favorite since the 19th century when he first appeared in Arthur Conan Doyle's writing. Visit the Derry Public Library (64 E. Broadway, Derry) on Saturday, Oct. 19, from 1:30 to 2:30 p.m., to learn about what has made Holmes a consistent favorite in literature and film. Ann McClellan, a teacher at Plymouth State University with a Ph.D in English literature, will present "Not so Elementary, My Dear Watson: The Popularity of Sherlock Holmes. Call 432-6140 or visit derrypl.org.



edith). This year's maze is shaped like a biplane. Admission is \$6 per person and \$4 for children 6 and younger. Call 279-3915 or visit moultonfarm.com.

• **EXPLORE SQUAM CRUISES** through the Squam Lakes Natural Science Center depart daily at 11 a.m., 1 p.m. and 3 p.m., from the dock on Route 3 in Holderness. Learn about the natural history of Squam Lake and the wildlife of the area. Cruises cost \$23 for adults, \$21 for seniors 65 and older, \$19 for ages 3 to 15. Call 968-7194 or visit nhnature.org.

• **GPS RENTALS** every Saturday and Sunday, from noon to 4 p.m., at Peabody Mill Environmental Center in Amherst. Cost is \$10.

• **LONDONDERRY TRAILWAYS** nonprofit organization staffed by volunteers working to make Londonderry more accessible to pedestrians and bicycles. The group improves and maintains trail systems throughout 900+ acres of conservation land within the town of Londonderry. Visit londonderrytrails.org.

• **MANCHESTER CEDAR SWAMP** conservatory area on Hackett Hill Road in Manchester offers a 602-acre ecological preserve with established trails. Follow Hackett Hill Road to Countryside Boulevard and watch for the trailhead.

• **MCLANE CENTER** (84 Silk Farm Road, Concord, 224-9909, newhampshireaudubon.org)

offers trails for hiking and searching out wildlife.

• **NATURE OF THE LAKES CRUISE** through the Squam Lakes Natural Science Center, departs on Tuesdays, Wednesdays and Thursdays, at 3 p.m., from the docks on Route 3 in Holderness. Observe various wildlife and learn about the nature of the Squam Lakes area. Cost is \$23 for adults, \$21 for seniors 65 and older and \$19 for ages 3 to 15. Call 968-7194 or visit nhnature.org.

• **PRIMITIVE SKILLS WORKSHOP** is offered on the

third weekend of every month at MyoFu An Dojo, 159 Savage Road, Milford, taught by a master tracker. Includes training in basic survival skills such as finding and making emergency shelter, making fire, purifying water and gathering food. Call 785-6440.

• **WHITE PARK POND** (Washington and White streets in Concord, onconcord.com/recre) offers a tree trail — see map online.

Photography

• **MASSABESIC AUDUBON CENTER** (26 Audubon Way, Auburn, 668-2045, nhaudubon.org) occasionally offers classes on nature photography and nature writing.

• **OUTDOOR DIGITAL PHOTO CLASSES** at Silver Hills Studio from 9 a.m. to noon on the second Saturday of every month. Learn to take quality photographs with a digital camera through classroom introduction and 2 hours of hands-on shooting in the natural landscape followed by constructive critique. Cost is \$25. To sign up, visit silverhillsstudio.com or call 497-4674.

Science

• **SEE SCIENCE CENTER** a hands-on interactive learning center in Manchester's Milliard at 200 Bedford St. Open Monday-Friday from 10 a.m. to 4 p.m. and Saturdays and Sundays from 10 a.m. to 5 p.m. Admission is \$8 for ages 3 and older. See see-sciencecenter.org.

Over 50

Events

• **GIZMOS, GADGETS & HOME SAFETY** at the Crowne Plaza (2 Somerset, Nashua) Tues., Oct. 15, at 1 p.m. Learn about new devices that can help seniors maintain their independence at home. Admission is free. Call 889-3440 ext. 132 to register.

Fitness/Sports & Rec

• **50-PLUS FITNESS** is offered at the Bow Community Building on Mondays and Wednesdays at 10:05 a.m. and on Fridays at 9:45 a.m., with low-impact aerobics, strength and balance training

and stretching. The cost is \$3.75 or less per class. Call Michele at 774-6160.

• **AEROBICS** combo step and low-impact classes are offered at the Bow Community Building on Mondays at 5:45 p.m. and on Wednesdays at 9:10 a.m. Cost is \$4 a class or less. No step experience is necessary. Call Michele at 774-6160.

• **AQUA-MIX YMCA** (concordymca.org) on Mondays, Wednesdays and Fridays from 8:30 to 9:15 a.m. This class aims to help participants maintain and improve range of motion, using a high-intensity water fitness program. All areas of the pool are used, so participants must be comfortable in deep and shallow water. This class is geared toward active adults. \$57 for nonmembers. Call 228-9622.

• **ARTHRITIS AQUATIC PROGRAM** is offered at Greater Manchester YMCA (gmfyymca.org) at the downtown branch (30 Mechanic St., 623-3558) and at the Goffstown branch (116 Goffstown Back Road, 497-4663). This class is designed to guide participants through a series of exercises that will improve flexibility, range of motion, joint mobility and muscular strength with the aid of the water's buoyancy and resistive properties. No swimming skills required. For nonmembers the Manchester class is \$60 and the Goffstown class is \$40. Call either branch.

• **CENTENNIAL SENIOR CENTER** (West Street Ward House, 41 West St., Concord, 228-6830, info@centennialseniorcenter.org, centennialcenter.org) offers stretching classes, yoga, Wii fitness and bone-builders class.

• **CHAIR EXERCISES** Nurse Program (663-8004). Classes are on Tuesdays at the Bedford Presbyterian Church (4 Church Road, Bedford) at 10:30 a.m., on Wednesdays at Blessed Sacrament Church (14 Elm St., Manchester) at 2 p.m. and on Thursdays at Parish of the Transfiguration (107 Alsace St., Manchester) and at St. Anthony Church (172 Belmont St., Manchester) at 9:30 a.m.

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Weekly Dish

By Emelia Attridge
food@hippopress.com

• **Off to see the wizard:** Sip wines with the Wicked Witch of the West and Dorothy this October and benefit the YMCA of Greater Manchester. The organization's 7th annual Wine Tasting and Auction is on Thursday, Oct. 24, from 6 to 8:30 p.m. at the Brady Sullivan Plaza Concourse, 1000 Elm St., in Manchester. This year's benefit celebrates the 75th anniversary of *The Wizard of Oz*, with a Wines of Oz theme. More than 80 wines will be available for tasting from 10 wine vendors and 14 restaurants with special dishes for wine pairings. The Wines of Oz Wine Tasting and Auction will help benefit the YMCA's Dropout Prevention programs for at-risk youth. Tickets cost \$60. Visit yogm.org.

• **Food Day in Manchester:** The Manchester Food Co-op and Dyn have partnered to screen *Food for Change* to mark the third annual celebration of Food Day, a national celebration of healthy, affordable and sustainable food. Across the country, programs like film screenings, cooking in classrooms and food drives will occur on Thursday, Oct. 24, to mark the event. Here in the Granite State, the screening of *Food for Change* will be accompanied by a discussion with Manchester Food Co-op board members about the Co-op's development and goals for the future. Doors open at 6 p.m. with light and local refreshments, and the film starts at 6:30 p.m. at Dyn, 150 Dow St., in Manchester. Non-perishable food items will be collected at the door for the NH Food Bank. Tickets are free, with a suggested donation of \$5 per person. Since space is limited, reservations can be made by calling Heather at 305-6340.

• **Wake up in Tuscany:** Tuscan Market (67 Main St., Salem, 912-5467, tuscanbrands.com) is now serving breakfast starting at 7 a.m. daily with artisan breads, local eggs, house made sausage and Italian coffee on the menu. The new dining option began last week with dishes like Salmone Affumicato (cured salmon served with rustic bialis, hand dipped ricotta and capers), Ricotta pancakes, croissants, omelets and eggs benedict.

• **Local farmer goes national:** The Secretary of the United States Department of Agriculture has appointed Ray Conner of Pittsfield to serve on the USDA Advisory Committee on Beginning Farmers and Ranchers. Conner is the Beginner Farmer program coordinator with the Northeast Organic Farming Association of New Hampshire and owns Evandale Farm with her husband Peter Dow. She is an active farmer in the community, serving as a member of the steering committee of Food Solutions New England, the NH Farm Bureau, the Small and Beginner Farmers of NH, the National Young Farmers Coalition and is involved with policy work with the New England Farmers Union. 50 ▶

FOOD

Autumn eats

Milford and Nashua celebrate the harvest

By Emelia Attridge
food@hippopress.com

It wouldn't be a proper New England fall festival without some good eats. Milford and Nashua are all about pumpkins and apples this weekend.

Chili, spirits and pumpkin pie in Milford

Although the 24th Annual Milford Pumpkin Festival runs all weekend (from Friday, Oct. 11, through Sunday, Oct. 13), Friday is the big day for foodie delights. The Chili Roundup and Beer, Wine N' Spirits Tasting run simultaneously on Friday, Oct. 11, starting at 5:30 p.m.

"It's a nice sort of adult area of the festival," Tracy Hutchins, Milford Improvement Team executive director, said. "Parents will go to the chili and the beer and send the [older] kids down to the Haunted Trail, and meet up later for the fireworks."

In addition to the chili, beer, wine and spirits, Hutchins said there is plenty to eat. Downtown restaurants prepare pumpkin whoopie pies, pumpkin crisp, pumpkin pies and pumpkin bread. Then there are vendors selling fair food, Portuguese dishes from Moe Joe's in Manchester, cookie decorating with the high school Spanish Club, hot dogs and pickles on a stick from the Lions Club and even the Fenway Park sausage vendor. That doesn't even include the vendors selling jams, fudge and other treats.

"If you're hungry, bring your appetite," Hutchins said.

Milford Improvement Team anticipates 30,000 people will attend the weekend festival. The food is available all weekend long, but the beer, wine and chili are just for Friday evening.

For the Chili Roundup, guests can purchase a never-ending chili bowl and taste all the competing varieties before they vote. Categories include the best overall chili, the hottest and the wimpiest, but what Hutchins said organizers are really looking for is variety.

"Chili has grown to be a new kind of culinary art form in the last few years," she said. "It's not the old ground beef and beans that we all grew up with."

Apple Fest

When: Saturday, Oct. 12, from 9 a.m. to 4 p.m.

Where: Sullivan Farm, 70 Coburn Ave., Nashua

Cost: Admission is free

Visit: use.salvationarmy.org/nashua



Sample pumpkin pies at the Milford Pumpkin Festival, or apple crisp at Apple Fest in Nashua. Photo courtesy Milford Improvement Team.

There are typically about 25 chilis. Judges, usually a panel of local restaurant owners, "are looking for what makes a good chili from a culinary standpoint," Hutchins said.

The Beer, Wine N' Spirits Tasting runs at the same time and includes samples from Smuttynose, Bellavance, Henniker Brewing Company, Martha's Exchange, Sweet Baby Vineyard and Tuckerman Brewing Company. With the tasting ticket, Hutchins said, attendees can sample each of the brews and varietals and then a choice of one full serving of beer or wine.

"I don't know if the food is the only attraction. I think what brings people here is that they're looking for something fun to do with the family, and the fact that there is so much food is just icing on the cake."

Good apples in Nashua

The Salvation Army has been celebrating all things apple for the past six years in Nashua. This year's Apple Fest is on Saturday, Oct. 12, at Sullivan Farm in Nashua. The event is the organization's largest fundraiser of the year, and a community highlight.

"It's a huge event; there's tons of stuff for families to do," Nashua Salvation Army Director of Development and Community Affairs Jennifer Horn said. "What people come for, of course, is the apple pie and the apple crisp, which is served warm with ice cream."

Milford Pumpkin Festival

When: Friday, Oct. 11, through Sunday, Oct. 13; tastings run from 5:30 to 8:30 p.m. on Friday

Where: Downtown Milford

Cost: Tickets cost \$10 for Beer, Wine N' Spirits Tasting; \$5 for the Chili Roundup

Visit: milfordpumpkinfestival.org

The eats, like the apple pies and crisps, are what Horn called the festival's "centerpieces." There's also apple cider, caramel apples and apple-picking at the orchard.

Entries have already been submitted for the apple recipe contest, and the top recipes have been selected to be judged during Apple Fest. Competitors will prepare their apple recipes for the panel of judges, which includes former Mayor Bernie Streeter and Mike Morin from WZID.

In addition to all the apple treats, there are fair food concessions available as well.

"It's autumn in New England. It's all about apple orchards, and the pumpkins and enjoying the crisp outdoor weather," Horn said about Apple Fest. "It has become a huge community event. We just love it; so many of our families come out."

Also planned are a petting zoo, scarecrow-making, face-painting, hayrides, a "Touch-a-Truck" program, a craft fair and an apple slingshot, which is new this year.



Oktoberfest, New Hampshire-style

Flavors of Germany in Merrimack and Concord

By Emelia Attridge
food@hippypress.com

Concord and Merrimack are going German this October.

Symphony NH Oktoberfest

Members of Symphony NH will be donning lederhosen, playing polka and serving up brews and bratwurst at the inaugural Oktoberfest being held at Anheuser-Busch.

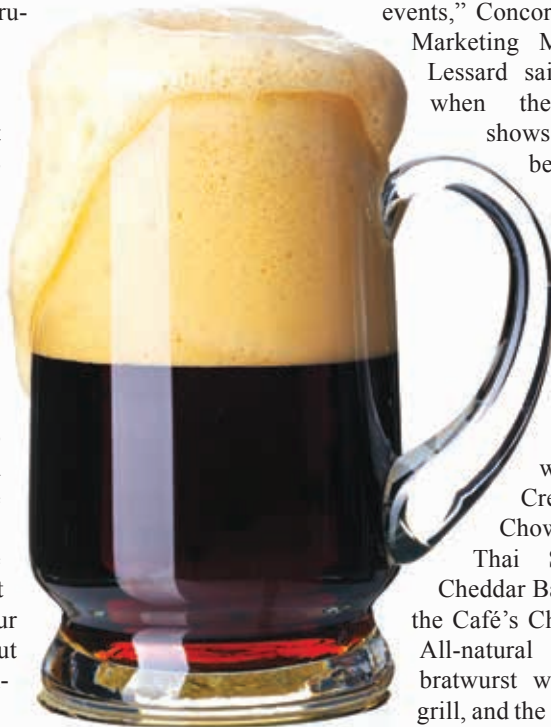
“We haven’t done anything like this before for either organization,” New Hampshire Symphony Community Engagement Coordinator Jessica Brown said. “Basically, we’re trying to reach out to new audiences as we grow, as we’re becoming a statewide organization. People have the assumption that symphony music is stuffy.”

The inaugural Oktoberfest is on Saturday, Oct. 12, in the Anheuser-Busch hospitality room that overlooks the active brewery. Several beers will be on tap, featuring microbrews and seasonal varieties.

Castle Caterers is providing beer-hall foods like a German buffet, with bratwurst, strudel and cheese.

It’s the first time Anheuser-Busch has held an event to celebrate Oktoberfest. A limited number of guests will also be able to take an after-hours tour of the brewery.

“The time of year was the key,” Brown said. “Two years ago we had done an event here in Nashua that was highlighted more as a tasting. It went really well. Our patrons loved it, but our space was lim-



Symphony NH Oktoberfest

When: Saturday, Oct. 12, from 6 to 10 p.m.

Where: Anheuser-Busch Brewery, 221 Daniel Webster Highway, Merrimack

Cost: \$35, tours cost an additional \$10

Visit: symphonynh.org

Concord Co-op Oktoberfest

When: Thursday, Oct. 17, from 6 to 8 p.m.

Where: Concord Food Co-op, 24 S. Main St., Concord

Cost: \$10 for non-members, free for Co-op members

Visit: concordfoodcoop.coop

ited. We decided we wanted to expand a little bit.”

Between bratwurst and beers, guests can test their knowledge in an Oktoberfest trivia game, with emcee Mike Morin from WZID. Prizes include growlers from Martha’s Exchange, which can be filled at a later time. Symphony members have organized an oompah band ensemble to perform Bavarian style music.

Concord Co-op Oktoberfest

There’s more Oktoberfest at the Concord Co-op on Thursday, Oct. 17, from 6 to 8 p.m. The fifth annual outdoors event features a menu of autumn soups and beers.

“We have a great time at these events,” Concord Food Co-op Marketing Manager Greg Lessard said. “It’s great when the community shows up. It’s nice to be the host.”

The soups, prepared by the chefs of the Co-op’s Celery Stick Café, include Butter-nut Squash with Chipotle Cream, Seafood Chowder, Spicy Thai Soup, Potato Cheddar Bacon Soup and the Café’s Chocolate Soup. All-natural sausage and bratwurst will be on the grill, and the Ed Chenoweth Alpiner Band will provide Bavarian oompah and polka music.

Along with beer samples, Concord Area Homebrewers will lead a homebrewing demo and will be on hand to answer questions on beer.

All ticket proceeds benefit Making Strides Against Breast Cancer in Concord. 🍷

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FOOD

Fresh loaves

Baking with natural leavening at Canterbury Bread

By Emelia Attridge
food@hippopress.com



Canterbury Bread Shop owner Dane Percy doesn't have to go far to find the wheat for his bread. He sources it locally from Brookford Farm — which happens to be adjacent to the bakery.

Percy's baking philosophy is to produce local, wholesome and nutritious loaves.

"In a way, I feel like I'm doing justice to everything. If I were to do it another way, it would be a disservice," Percy said. "Everything I buy is organic, and the farm flour is transitional organic. So the integrity comes from the sourcing in my behavior."

The wheat is grown and milled at Brookford Farm in Canterbury, so Percy has the unique experience of understanding his ingredients from field to loaf.

He also allows his bread to rise through a method of natural leavening, a chemical process that uses the yeast and beneficial bacteria to ferment the grain. Gas is produced in the dough, which allows it rise.

"The same way you just don't eat unboiled spaghetti, you have to prepare things the right way to make them nutritious," Percy said. "For some reason, we filet fish, we hang and cure meats, but we zip through grain like it doesn't matter. Maybe what we're learning is that your grain preparation does matter, and what we've learned is that industry has taken shortcuts for time and added things for shelf life. ... I'm not the only person doing this. There are loads of bakers taking this route, the natural leaven route."

Percy worked in marine research labs before his career as a baker, but he realized that life in the lab wasn't what he wanted. He began baking bread in Pennsylvania.

"I wanted a traditional bread baking experience that wasn't seasonal or I wanted an entry-level baking position," he said. "Because I couldn't find this bread at first ... someone showed me how to make it."

There are five varieties of bread made at The Canterbury Bread Shop: Pain au Levain (an organic unbleached loaf with whole wheat leaven and unrefined sea salt), Walnut Raisin (made with organic raisins and walnuts), Sesame, Brookford Brown (with sunflower and flax seeds)

Try the Canterbury Bread Shop Walnut Raisin or the Brookford Brown loaves at Concord Farmers Market and other locations. Courtesy photo.

and The Backpacker (100 percent rye bread made with organic stone ground whole rye flour with sunflower seeds).

The Canterbury Bread Shop opened last November after Percy moved to New Hampshire and constructed the primitive brick oven, the hub of the bread shop. Bread made at the shop is sold at the store at Brookford Farm and in CSA shares from the farm. He's also active at local farmers markets and sells bread through the Concord Co-op.

"Concord is a bread-hungry town. That's a great reality to be a part of," Percy said. "I actually feel quite selfish baking bread. My number one concern, my public policy, is people's nutrition. That's why we source organic; that's why we use natural leaven. In terms of nutrition, I don't believe you can get to a higher level of bread. ... I really do this for me. I love it. I'm looking to just fill the rack — the racks where it cools — with 200 loaves of the best looking bread ever, just so I can look at it."

Since the bread at The Canterbury Bread Shop is made by natural leavening, the gas produced in the baking process creates air pockets within the dough that helps produce soft, chewy bread. Percy recommends cutting thick slices because of this.

After that, the choices are endless in terms of how to eat the bread: spread with butter, hummus, honey, quark, cream cheese, sautéed, dipped in olive oil and so on. In terms of consumption, craft bread is no different than bread purchased in the grocery store.

"You have this craft bakery and you try so hard to make bread a certain way. This natural-leaven bread is more wild and the environment forces it into directions more," Percy said. "I am, on some level, it's like my skill vs. the environment. It's a battle, and I don't even mean to use warfare-type language, but it is a mix. ... You have to be flexible on your standards or you'll go crazy."

Canterbury Bread Shop

Where: 250 West Road, Canterbury
Contact: 783-5051 or canterburybread-shop@gmail.com
Visit: Find Canterbury Bread Shop on Facebook

Preserving the harvest

Jams, jellies and butters with a seasonal kick

By Emelia Attridge
food@hippopress.com

The jars Brenda Towle displays at the Concord Farmers Market are a rainbow of colors, their labels denoting flavors like apple butter, ginger peach jam and banana nut bread butter.

“I like to work seasonally, keep it fresh,” said Towle, owner of Molly Lane Kitchen. “Apples are in season now — pears, cranberries ... everybody’s kind of into the warm comfort food and fall flavors. My inventory of jams shifts season to season.”

The apple maple jam is made with real maple syrup, slices of apples and spices.

“That’s become a real popular one, both in spring when maple syrup is in season and now,” she said.

Seasonal jams include varieties like apple cranberry jam, pumpkin pecan butter, cranberry cider jelly or ginger peach jam. For a thicker spread, there’s apple butter.

Towle began making jam, jellies and butters when her children were younger, inspired by memories of her own mother making strawberry jams.

Preserving the harvest is a popular topic among farmers as well as the D.I.Y. crowd.

“I get a lot more questions at market. There’s a lot of people interested in wanting to do it themselves and the process of doing it,” Towle said. “I find the markets are great just for the one-on-one talking to people. A lot of them want to know about the process; what’s going in them, where I get my fruit from.”

At her home (on Molly Lane, of course), Towle has peach trees, raspberries and pear trees growing in her backyard. In the spring, she goes strawberry picking and finds local



Molly Lane Kitchens crafts spreads with seasonal flavor, like apple maple. Emelia Attridge photo.

rhubarb to make a strawberry rhubarb jam.

She works from cookbooks like the *Ball Blue Book Guide to Preserving* as well as *Blue Ribbon Preserves*, *Well-Preserved: A Jam Making Hymnal*. She said even *The Complete Idiot’s Guide to Jams Jellies & Preserves* can be a great resource for first-time jam makers.

Towle said other jam and jelly staples include raspberry jam, raspberry amaretto, strawberry rhubarb and her hot pepper jelly.

“Habaneros have the most heat of all the peppers,” she said. “That’s my favorite hot pepper to work with. ... It just adds a lot of heat to it.”

Towle tries to accommodate health-conscious customers with her no-sugar jams, like triple berry, strawberry or raspberry.

“I have got a lot of people asking for no sugar because they are diabetic or watching their weight,” she said.

Tomato season has recently ended, and Towle made a relish-like tomato jam from cooked-down tomatoes, ginger, lime juice and some spices. She recommends serving it with goat cheese on crackers or toast with olive oil and even as a ketchup replacement. She’s also made a few jars of salsa.

“I do a lot of varieties, and I might not have everything in stock all at once,” she said. “I’ll probably have 20 to 30 varieties. It’s constantly changing.”

are dense, you may need to add a little water or cider at the start to keep from scorching. Using the coarse screen of a food mill, puree apples. Measure the volume of the puree, and add half as much light brown sugar. Add the cinnamon, mace or nutmeg and allspice; cook mixture over low heat (or in oven at 250 degrees) uncovered until it is thick. This will take about 1½ hours. Stir occasionally at first and more frequently as the apple butter thickens. Ladle the apple butter into pint or half-pint mason jars. Add lids and rings, and process the jars in a boiling-water bath for 10 minutes.

Molly Lane Kitchen Jams & Jellies

Concord Farmers Market Saturdays,
from 8:30 a.m. to noon through Saturday,
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229-0655, colegardens.com)
Visit: mollylanekitchen.com

Apple Butter

From The Joy of Jams, Jellies, and Other Sweet Preserves.

6 pounds cored and quartered apples (unpeeled)
4 cups light brown sugar
1 tablespoon ground cinnamon
½ teaspoon ground mace or ground nutmeg
½ teaspoon ground allspice

In a preserving pan, cook apples over low heat, covered, until soft, about 20 minutes. If they

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IN THE KITCHEN

WITH **JEFF VOLKERS**

Jeff Volkens is the savory chef at Dancing Lion Chocolate (917 Elm St., Manchester, 625-4043, dancinglion.us), where he creates the weekly savory chocolate lunch menu, works on special dinners and bakes the croissants. He started his culinary career when he was a teenager working at a supermarket bakery. Volkens attended the culinary program at Southern New Hampshire University and has worked all around Manchester. "I've pretty much cooked just about everywhere in this town," he said.



What is your must-have kitchen item?

Fresh ingredients. I guess I could go with the classic salt and pepper because everyone needs salt and pepper. But I like fresh; I like seeing stuff come in from the produce supplier — having to check everything. ... We have a phenomenal mixer back there from Italy. It's like a food processor but it actually heats as well. So, you can process it and cook it at the same time, which is a crucial thing for some of the sauces and ganaches I've made. It's called Bimbi. Every time I use it my face lights up.

What would you eat for your last meal?

I would probably have beef Wellington, all the fixings and rare, very rare. When I was in culinary school we always had ... guests come in, and one gentleman came in and did that. Just the combination of the mushroom duxelles and the foie gras and the filet wrapped in puff pastry, it just melted in your mouth.

Favorite restaurant besides your own?

I would have to say the best and nicest restaurant I've been to recently would be The Blue Room down in Cambridge. ... From start to finish everything was just so fresh, and the way it read on the menu was exactly the way it tasted on your palate. It was just brilliant.

What celebrity would you like to see eating at your restaurant?

I was thinking about that. For a dead celebrity, I would have to say Escoffier, because I've just been immersed in his books since I started

culinary school. There's nothing more simplistic than classic French cuisine and just all their classic cooking methods, and using every part of the animal. It's just, how can you go wrong? ... As far as alive, I would say Tom Colicchio. If he came in here and ate and gave me any sort of a positive feedback because he's just a very successful man.

What is the biggest food trend in New Hampshire right now?

I would say the biggest trend in the past year have been bakeries. There have been five or six bakeries that have opened.

What is your favorite meal to cook at home?

Something that feeds a lot of people. Because if I cook at home, I'm not just cooking for myself, I'm cooking for my roommates, and all of my friends over, and any of my friends in the industry. Last night I actually cooked a 3-pound roast chicken, made pulled pork stuffing, mashed potatoes, gravy. I actually have stock simmering on the stove at home.

What is your favorite dish on your restaurant's menu?

Two regular things here that I think are phenomenal are Zen Brownies, which are more often than not gluten free, and you cannot tell. ... And I'd have to say the croissants. I've been on that for like a year and a half.

— *Emelia Attridge*

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Strawberry Beet Veggie Burgers

Recipe from chef Jeff Volkens

- 8 ounces long grain rice
- 2 beets
- 3 large portobello mushrooms
- 1/2 pint strawberries, rinsed and dried
- 1 tablespoon whole grain mustard
- 3 ounces champagne vinegar
- 8 ounces vegetable oil plus more for frying
- 4 ounces pinto beans, rinsed and drained
- 1/2 cup panko or bread crumbs
- salt and pepper

Preheat oven to 325 degrees. Cook rice as directed on package and set aside to cool.

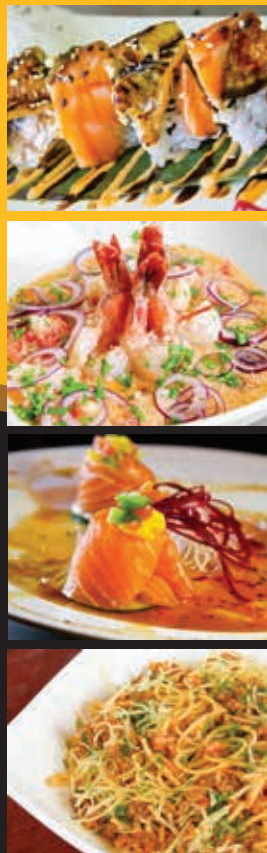
Meanwhile, boil beets in hot water until tender. Peel under cold water and pulse in food processor until they're the consistency of ground beef. Set aside.

Put strawberries in blender (or rinsed food processor bowl) with vinegar and mustard. Turn on and drizzle in oil until vinaigrette is shiny. Season with salt and pepper.

Evenly coat portobellos with vinaigrette, place on foil-lined sheet and bake 15 minutes. Cool and dice. In large bowl, toss beets, mushrooms, rice, beans and panko, and stir together until evenly combined. Form into patties and fry in skillet until brown crust forms, about 2 minutes; flip and repeat. Serve on toasted buns.

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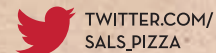
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Weekly Dish

Continued from page 44

"Ray has that magical mixture of being intelligent, fun, hard working and yet very approachable," NOFA-NH executive director Janet Wilkinson said in the press release that announced Conner's appointment. "In less than two years in this position, she has built an astonishingly strong network of beginner farmers — and master farmers who want to support them — here in New Hampshire. We are incredibly proud and not at all surprised that she'll now be sharing her talent and leadership at the national level."

• **More pumpkin:** Can't get enough of it? Head over to Granite Restaurant & Bar on Mondays in October for pumpkin-inspired specials. Granite Restaurant & Bar is located at The Centennial Inn at 96 Pleasant St., in Concord.

• **Groundbreaking news:** Applecrest Farm Orchards held a ground-

breaking ceremony Sept. 29 to mark the start of construction for a new farm-to-table restaurant at the farm. The project is scheduled to be completed in the fall of 2014 and will include a farm stand, bakery and restaurant. The project also marks the farm's 100th anniversary and is the oldest continuously operating apple orchard in America. Applecrest Farm is located at 133 Exeter Road in Hampton Falls.

• **A little more alligator:** After reading about N'awlins Grille in the Hippo last week, a food-loving reader sent an email to let us know that the Hungry Buffalo restaurant in Chichester has alligator bites too, served with remoulade sauce. If you want to make your own alligator anything, you can buy alligator meat from the Healthy Buffalo meat store and get cooking tips at healthybuffalo.com.

Food

Lectures/author events/festivals/fairs

• TASTE OF CONCORD

Thurs., Oct. 10, from 5:30 to 8:30 p.m. with 30 restaurants and businesses, music, raffles, silent auction and Top Chef Competition at the Grappone Conference Center, 70 Constitution Ave., Concord. Tickets cost \$30. Visit tasteofconcord.com.

• **LATTE ART THROW-DOWN** Thurs., Oct. 10, at 9 p.m. at A&E Coffee Roastery & Tea (135 Route 101, Amherst, 578-3338, aerostery.com). Doors open at 8 p.m. for a latte art demo and sign-ups for the throwdown. \$5 entry fee to enter the contest, and \$5 donation for all drinks.

• **MILFORD PUMPKIN FESTIVAL** Fall fun and activities along with a Chili RoundUp Contests and Beer, Wine & Spirits Tasting (both on Fri., Oct. 11, at 5:30 p.m.). Waffle breakfast at the firehouse on Sun., Oct. 13, and pumpkin treats like pumpkin pie from 10 a.m. to 3 p.m. on Sunday. Festival runs Fri., Oct. 11, through Sun., Oct. 13. See milfordpumpkinfestival.org.

• **APPLEFEST** Sat., Oct. 12, from 9 a.m. to 4 p.m., at Sullivan Farm (70 Coburn Ave., Nashua). Salvation Army of Nashua fall festival with apple treats and an Apple Recipe Bake-Off. Call 889-5151.

• **QUARK FEST** Sat., Oct. 12, from 2 to 7 p.m., at Brookford Farm (250 West Road, Canterbury). Includes farm tours, pumpkin carving, food, music, bonfire, games, quark recipe contest, and demonstrations on fermenting, canning, culturing and grass-fed meats. See brook-

fordfarm.com.

• **FARM DAY** Sun., Oct. 13, from 10 a.m. to 4 p.m., at Miles Smith Farm (56 Whitehouse Road, Loudon). Free admission, includes farm animals, entertainment and food tent. See miles-smithfarm.com.

• **SCIENCE CAFE** Wed., Oct. 16, from 6 to 8 p.m. in the Jimmy LaPanza Lounge at Portsmouth Brewery, 56 Market St., Portsmouth. UNH faculty Cameron Wake, Tom Kelly, director of UNH's Sustainability Institute and Joanne Burke, professor in Sustainable Food Systems, will hold a discussion on New Hampshire food sustainability; free and open to the public.

• **DINNER AND A MOVIE** Wed., Oct. 16, farm-to-table buffet at 5 p.m., and movie and discussion from 5:30 to 7:30 p.m. at Bessie Rowell Community Center (12 Rowell Drive, Franklin). Screening of *Weight of the Nation*. Call Melissa at 934-2060, ext. 8369, for reservations.

• **FOOD DAY** Thurs., Oct. 24, Manchester Food Co-op and Dyn are partnering to celebrate the nation's third annual Food Day with a screening of *Food for Change*, a feature-length documentary on food co-ops. Manchester Food Co-op board members will discuss the co-op's development timeline and goals following the film. Doors open at 6 p.m. with light refreshments at Dyn, 150 Dow St., Manchester. Suggested donation \$5, and non-perishable goods will be collected for the NH Food Bank. Since space is limited, reservations can be made by calling Heather at 305-6340.

• **CLASH OF THE CUP-**

CAKES Fri., Oct. 25, at 6 p.m. at the Derryfield Country Club (625 Mammoth Road, Manchester). Professional bakers compete for Best Cupcake and People's Choice. Includes light hors d'oeuvres, silent auction and emcee Mike Morin from WZLH. Event benefits Southern New Hampshire Services' Retired and Senior Volunteer Program. Cost \$30. Visit clashofthecupcakes.eventbrite.com.

• **AUCTION IN WONDERLAND** Sat., Nov. 2, from 5:30 to 9 p.m. at Bow Community Building (located at the intersection of Bow Center Road, Logging Hill Road, Knox Road and White Rock Hill Road). Bow Rotary Gala features auction prizes, tastings from area restaurants and "Drink Me Raffle" of 100 bottles of wine. Visit bowrotary.org.

• **OPERATION SWEET TOOTH** Sat., Nov. 2, from 10 a.m. to noon, staff of St. Joseph Hospital will buy back unopened Halloween candy for prizes and a raffle drawing. Candy is donated to troops, and children can make cards to send to the troops during the event. Call 595-3168 or visit stjosephhospital.com. St. Joseph Hospital is located at 172 Kinsley St., Nashua.

• **ONCE UPON A PIE** Sat., Nov. 16, at 5:30 p.m. competition and auction of pies to benefit Friends of the Goffstown Public Library.

• **HOMEWARD BOUND** Food and wine festival on Thurs., Dec. 5, from 6:30 to 9 p.m., at the Radisson Hotel Nashua Ballroom, 11 Tara Boulevard, Nashua. Tickets (include drinks and food) cost \$50, \$85 for a couple, or \$45 per person for

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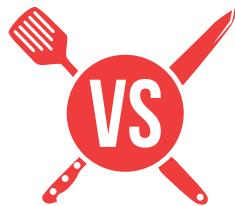
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COOKBOOK THROWDOWN

By Amy Diaz



Weight Watchers 50th Anniversary Cookbook (2013, St. Martins Griffith, 335 pages



The goal: To pit two vaguely related cookbooks against each other and arbitrarily declare a champion.

The competitors: Both cookbooks are focused on lighter, healthier cooking.



Cooking Light The Food Lover's Healthy Habits Cookbook, with Janet Helm RD (2012, Oxmoor House, 352 pages)

Battleground:

DESSERTS

Healthy Habits

The cookbook: This is kind of a whole life cookbook. Made by the people from Cooking Light magazine, the book includes pieces on fitting in workouts, giving makeovers to your snack food and choose-your-own-recipe type pages like the "Shake Up Your Salads" piece that offers a very magaziney look at creating different flavor combinations (California with avocado and bacon, one with pear and goat cheese, Greek). It has a friendly, let's-work-with-your-real-life vibe that I prefer over, say, a change-everything raw food cookbook and it seems focused on finding lighter ways to approach familiar flavors.

The recipe: Peanut Butter and Dark Chocolate Fudge on page 304

Weight Watchers 50th Anniversary Cookbook

The cookbook: A straightforward cookbook, this *Weight Watchers* offering includes a PointsPlus value for each dish (if you've never done the system, it's a number that takes into account fiber as well as fat and calories and is a thing you get completely obsessed over). It, like Cooking Light, is nicely gimmick-free — you won't find a lot of cooking with

fakey ingredients. Instead, the philosophy seems to be about finding a way to let flavors shine through in dishes like Pork Loin Roast with Gingersnap Sauce or Fish Tacos with Chipotle Cream.

The recipe: Lemon Bars on page 297

The result: I picked dessert because, really, how hard is it to make fresh veggies taste good and remain relatively low-cal? Dessert is where shaving fat and sugar can really get in the way of taste. Not so in the case of the Peanut Butter and Dark Chocolate Fudge. The trick to this dessert, for health purposes, seems to be keeping the portion size small, but good luck not shoving more of them into your face. They had a perfect blend of sweet and salty. The Lemon Bars, on the other hand, were a rather spectacular construction failure. Like most lemon bars you'll eat in your life, the idea is a lemony custard on top of a cookie crust. Despite my having pre-baked the crust as instructed, the lemon-custard mixture managed to soak through the crust. I ended up flipping them over to give them a second baking and the resulting flavor was good but the bars were sticky, difficult to eat and messy-looking.

The winner

HEALTHY HABITS

The book, like the dessert I made from it, is easier to consume and better looking. Unless you are a Points counter, it is the more everyperson-friendly healthy-eating book.

a group of eight to 10 people. Visit amhhomewardbound.com or call 883-7338, ext. 5.

Chef events/special meals
• **OKTOBERFEST WEEK-END** Fri., Oct. 11, through Sun., Oct. 13, special beer and food menu at The Holy Grail

(64 Main St., Epping, 679-9559, hoygrailrestaurantandpub.com)
• **CO-OP OKTOBERFEST** Thurs., Oct. 17, from 6 to 8 p.m., with homemade soups, Bavarian music and brews. Visit concordfoodcoop.coop.
• **FARMERS MARKET WORKSHOPS** Thurs., Oct.

17, at Carroll County Extension in Conway, and Thurs., Oct. 24, at the Merrimack County Extension in Boscawen. UNH Cooperative Extension will offer workshops on the two dates from 6 to 8 p.m., covering topics like marketing and merchandising skills and safe food

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FOOD PERISHABLES

Bread

Even with the most precise meal planning, there is bound to be food wasted at the end of the week. The EPA estimates that over 36 million tons of food is thrown out each year. If that figure doesn't trouble you, try this one on for size: almost 40 percent of our food goes to waste in this country. There are a variety of reasons for these shocking figures: from misreading "use by" labels to poor planning, this country could certainly do better. It has to start in our own homes, with our own families. What can we do to decrease these scary food waste numbers?

Certainly one of the most commonly thrown out foods is bread. In summer months, my bread seems to go stale in moments; on the most humid days it seems like mold grows during my ride home from the grocery store. It's just hard for me to keep up with bread!

I have two solutions for this bread problem: one is practical and the other is delicious. Bread tastes best warm or at room temperature but it stores best when cold. Keeping



bread in the fridge lengthens its life by days, maybe even weeks. Turn this perishable into something that doesn't perish so darn quickly.

My second solution? Make delicious Sunday breakfasts. I recently started making a French toast bake that works with just about any kind of bread (it's even better with *stale* bread, if you can believe it!). And if your bread has some moldy spots, just chop them off — the bread is going to be broken into pieces anyway. Check out my easy recipe below, and please experiment! Not wasting food can be easy and delicious, so get to work! — *Allison Willson Dudas* 🍷

French Toast Bake

Adapted from Rachael Ray

1½ loaf stale bread (I used a cinnamon raisin bread and filled in some gaps with old wheat sandwich bread) Amount is an estimate—just fill the bottom of your pan about an inch and a half

6 eggs
1¾ cups skim milk
½ cup half and half or cream
¾ cups sugar
2 tablespoons vanilla
Topping (optional)
½ cup flour
½ cup brown sugar, firmly packed
1 teaspoon cinnamon
½ teaspoon salt
1 stick butter, cubed

Preheat oven to 350 degrees and lightly grease a 9- by 13-inch pan.

Place bread in bottom of pan, filling about an inch and a half or so. In large bowl, mix eggs, milk, half and half (or cream), sugar and vanilla. Pour the mixture over the bread, coating it evening.

In another bowl, make the topping (this is optional as it makes it very sweet and not in need of syrup). Mix flour, brown sugar, cinnamon, salt and butter. Results will be a little chunky, but that's fine. Sprinkle over top of the bread.

Bake for about 45 minutes, until brown.

Ideas for varying recipe:

Use apple or pumpkin butter instead of regular butter for topping.

Replace one or two of the eggs with pumpkin puree or applesauce to make it healthier and more autumnal.

Skip the topping and just add syrup after it's finished baking.

handling. Free admission, but pre-registration recommended. Call 679-5616.

• **THANKSGIVING DINNER** Thurs., Nov. 28, at Bedford Village Inn, (2 Olde Bedford Way, Bedford, 472-2001, bedfordvillageinn.com). Five-course prix fixe menu prepared by chef Benjamin Knack. Cost \$59 plus tax and gratuity, \$29.95 plus tax and gratuity for children's dinner for ages 12 and under. Seating between noon and 6:30 p.m.

• **CONCORD FOOD CO-OP BRUNCH** The Co-op's Celery Stick Café (24 S. Main St., Concord, 410-3099, concord-foodcoop.coop) offers a brunch buffet every Sun., 10:30 a.m. to 2 p.m. Build-your-own omelet station.

• **CELIAC & GLUTEN INTOLERANCE SUPPORT GROUP** Meets monthly from 7 to 8:30 p.m. at the Merrimack Public Library (470 Daniel Webster Highway, Merrimack, merrimack.lib.nh.us) Includes discussion, demonstration and sample. See royaltemptations.com/blog.

Church/charity suppers/ bake sales

• **COMMUNITY BREAKFAST** Sundays from 8 to 11 a.m. at Philbrick-Clement Post 65 American Legion (12 N. Stark Highway, Weare, 529-2722, nhpost65.us). A la carte breakfast menu benefits the Legion and community outreach. Cost ranges from \$3.50 to \$7.

• **COMMUNITY SUPPER** Held the third Wednesdays of each month from 5:30 to 6:30 p.m., at the Unitarian Universalist Congregation in Milford at 20 Elm St. See uucm.org.

• **BREAKFAST BUFFET** Sat., Oct. 12, from 8 to 10 a.m., at Bethany Chapel (54 Newbury Road, Manchester). Cost \$7 for adults, \$4 for children, free for kids under 6. Visit bethanychapel.com

• **SPAGHETTI SUPPER** at St. George Church (25 Chapel St., Dover) on Sat., Oct. 26, Sat., Nov. 23, and Sat., Dec. 28, from 4 to 6:30 p.m. Cost \$6 for adults, \$3 for children. Call 740-4287.

• **SOUP & SANDWICH LUNCH** At East Hampstead Union Church (225 E. Main St.,

Frozen spinach

There are few things in life that I love more than spinach, which is why I always have it on hand — fresh or frozen. In the winter I typically have frozen spinach in my freezer by the pound, defrosting it for wedding soup, stuffed chicken or casseroles. When I came across this recipe by Everyday Food for a spinach and cheese pie that seemed simple to make, I instantly pulled out a package of spinach to defrost.

The recipe, based on the Greek hors d'oeuvre Spanakopita, is delicious. It's traditionally inspired with a modern twist. And while the main ingredient comes straight from your freezer, the recipe packs fresh flavors.

I've always enjoyed Spanakopita, especially at parties and cocktail hours when served as an hors d'oeuvre. But I always imagined the Greek dish as difficult to make, and nine times out of 10 phyllo dough confounds me. This recipe, however, combines the great flavors of the traditional dish in an easy way, and even the phyllo does what it's supposed to when there's no rolling, cutting or folding involved.

According to Food Bridge, by food aficionado and world traveler Sarah Melamed, the people of ancient Greece enjoyed cuisine far different from what is popular today. The oldest Greek cookbook, written by Archestratos of Gela in 330 B.C., does not contain any recipes for Spanakopita —



mainly because spinach didn't grow in the country then. Spinach wasn't introduced in the Mediterranean until hundreds of years later by the Arabs.

Award-winning food writer Clifford A. Wright wrote that the introduction of spinach to the Mediterranean "was almost certainly the result of Arab ingenuity." Spinach does not grow in hot, arid climates. But through a series of irrigation techniques, likely introduced as early as the eighth century A.D., spinach arrived in the Mediterranean.

Many food blogs and resources highlight the knack of northern Greece foodies for turning just about anything into pies and pitas, so it's not surprising that spinach made its way into one. This recipe picks up the pieces of the traditional dish but seems easier to make than other recipes I've researched.

Served as an appetizer or an entrée of its own, this one-skillet spinach pie is quick to whip up and will disappear even faster. — Lauren Mifsud 🍷

Skillet Spinach Pie
Recipe courtesy of Martha Stewart's Everyday Food

½ stick unsalted butter
1 small yellow onion, chopped
20 ounces frozen chopped spinach, thawed and squeezed dry
1 cup whole-milk ricotta
3 large eggs
¼ cup crumbled feta
2 tablespoons chopped dill
Coarse salt and pepper
4 sheets frozen phyllo dough, thawed

Preheat oven to 375 degrees. In a 10-inch, nonstick oven-safe skillet, melt butter. Transfer two tablespoons of melted butter to a small bowl. Add onion to the skillet and cook, stirring, until softened. Remove from heat and let cool slightly. Stir in spinach, eggs, cheese, dill, 1 teaspoon salt and ¼ teaspoon pepper. Next, lay one sheet of phyllo on a work surface and lightly brush with the reserved butter. Lay over spinach mixture, folding edges under to fit inside skillet. One at a time, brush remaining phyllo and add to skillet, rotating and scrunching each sheet so edges are offset and top is ruffled. Bake until golden brown and heated through, about 30 minutes.

Route 121A, East Hampstead), from 11:30 a.m. to 1 p.m., on Wed., Dec. 4. Cost \$6. Call 378-0683.

Food classes/workshops
• **CELIAC DISEASE AND GLUTEN INTOLERANCE SUPPORT GROUP** Meeting on Tues., Oct. 15, from 7 to 8:30 p.m. at Merrimack Public Library, 470 Daniel Webster Highway, Merrimack. See Gluten Free Cooking with Oonagh on Facebook.

• **COOKING INDIAN CUISINE** Bedford Community Enrichment Program course on four Thursdays (Oct. 10, Oct. 24, Nov. 7) from 6 to 9 p.m. at Bedford High School (47 Nashua Road, Bedford). Each class costs \$27 with an additional \$12 supply fee per class. Contact Bedford Community Enrichment Programs at 714-4395.
• **COOKING WITH WINE** LaBelle Winery's chef Josh Enright and winemaker Amy LaBelle will lead cooking class-

es on Wed., Oct. 16, Tues., Nov. 12, and Wed., Dec. 11, from 6 to 8 p.m. at LaBelle Winery (345 Route 101, Amherst, 672-9898, labellewinerynh.com). Classes are \$25 for each session. Registrants must be at least 21 years old and can attend one or more sessions. Contact Bedford Community Enrichment Programs at 714-4395.
• **DANCING LION CHOCOLATE** 917 Elm St., Manchester, offers events and classes regularly. Upcoming classes include:

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FOOD JUST DESSERTS

Pears

The first time I encountered the dessert known as a crisp was when my elementary school cafeteria served an apple version far too mushy and desiccated to live up to its name. I tried it once or twice, but even my uneducated 7-year-old palate couldn't bear it, and that was that for me and crisps.

Then last week, my aunt brought a simple homemade apple crisp to a family gathering. And it was delightful. The fruit was tender and juicy, the topping sweet and a little bit chewy, the vanilla ice cream on the side a perfect complement. As soon as I finished my last bite, I was determined to take on and conquer the crisp.

I decided to start with an autumnal fruit that is overlooked in this season of bountiful apples: the pear. Though pears are often second- or third-string players on the modern fruit roster, they have a long and glorious history; humans have been cultivating pears since at least 5,000 B.C. according to USApears.com.

Pear varieties range from the lanky brown Bosc to the petite and crunchy Seckel. For baking, look for Bosc or Anjou pears, which have a texture and flavor that can stand up to heat and added ingredients. To test for ripeness, press gently on



the neck of the pear; if it yields slightly, it is ready to go.

In desserts, the earthy sweetness of pears pairs well with warm autumnal spices. My favorite Thanksgiving confection to make is a glazed pear-cranberry cake laced with cinnamon, allspice, and nutmeg. Pears poached in spiced wine are also a classic dessert.

My aunt's crisp recipe already featured cinnamon and nutmeg, but I added a hearty dollop of chopped candied ginger for an extra kick. The resulting dessert was everything my first taste of crisp was not: full of fresh and juicy fruit, layered with delicious spice flavors, and topped with a crumble that is undeniably crisp. Serve warm or at room temperature, but, either way, don't forget to add a scoop of vanilla ice cream on the side. Enjoy. — *Sarah Shemkus*

Gingered Pear Crisp

Recipe adapted from one provided by my aunt, who took it from a Betty Crocker cookbook from the 1970s.

4 cups sliced Bosc or Anjou pears
⅔ cup packed brown sugar
½ cup all-purpose flour
⅓ cup oats, not quick-cooking
½ teaspoon cinnamon
¼ teaspoon freshly ground nutmeg
2 tablespoons candied ginger, finely chopped
5 tablespoons butter

Vanilla ice cream, for serving

Heat oven to 375. Arrange pears in greased 8-inch square baking pan.

In a medium bowl, mix flour, oats, and spices. Use fingers or pastry cutter to work butter into dry ingredients until well combined. Sprinkle topping mix over pears. Bake until topping is golden brown and fruit is tender, 30 to 40 minutes. Serve warm or room temperature, with vanilla ice cream.

Crafting True Chocolate Truffles, Thurs., Oct. 17, cost \$65; Baking Croissants with Savory Chef Jeff, Mon., Jan. 13, cost \$65. Call 625-4043; space limited. Go to dancinglelion.us.

• **THE CULINARY PLAYGROUND** Classes for ages 3 to 5, at 16 Manning St., Derry. Pumpkin Patch on Fri., Oct. 18, at 10 a.m. and 4 p.m., and Sat., Oct. 19, at 10 a.m. using pureed pumpkin to make pumpkin breakfast cookies; Savory Squash on Fri., Nov. 8, at 10 a.m. and 4 p.m. and Sat., Nov. 9, at 10 a.m. making butternut squash and apple gratin. culinary-playground.com to register.

• **COUPLES COOKING CLASSES** Three-part cooking series at The Culinary Playground (16 Manning St., Derry, 339-1664, culinary-playground.com) from 6 to 9 p.m. on Fri.,

Oct. 18, on Mexican, and Fri., Nov. 15, on Thai. Visit culinary-playground.com to register.

• **COOKING ON A BUDGET** Mon., Oct. 21, at 7 p.m., at Oscar Foss Memorial Library (111 S. Barnstead Road, Center Barnstead, 269-3900, barnstead.org). Chef Liz Barbour will prepare two recipes for tasting. Free. Registration required.

• **TRANSFORMING BEANS INTO DELICIOUS MEALS** Tues., Oct. 22, at 6:30 p.m., at Concord City Council Chambers (37 Green St., Concord). Concord Food Co-op presents a free workshop with dietitian Hilary Warner on including beans into recipes and meals. Visit concordfoodcoop.coop to register.

• **HALLOWEEN COOKING** Fri., Oct. 25, from 5 to 7:30 p.m., for ages 6 to 8 at Sophisticakes (25 Indian Rock Road,

Windham, 898-2442, sophisticakes.com). Kids ages 9 and up can come on Sat., Oct. 26, from 5 to 7:30 p.m. for the same program. Making Jack O'Lantern pizza, ice cream sundaes and chocolate covered apples. Cost \$38, reservations required.

• **SHAKER BAKING** Sun., Nov. 3, from 1 to 3 p.m. with Chef Todd Sweet at Canterbury Shaker Village (288 Shaker Road, Canterbury, 783-9511, shakers.org). Demonstration of traditional Shaker recipes and preparing pie crust. Cost \$33. To register call 783-9077, ext. 284.

• **PERENNIAL VEGETABLES** Boscawen Agriculture Commission workshop Mon., Nov. 4, at 6:30 p.m., at Boscawen Municipal Complex, 116 N. Main St., Boscawen. Free, but registration required. Call 753-9188. See extension.unh.edu.

A sip of fall

Recipes that celebrate autumn's flavors

By Stefanie Phillips
food@hippopress.com

Fall is officially here, and with it comes pumpkins, apples, heavier beers and seasonal cocktails. It's a time when I, for the most part, trade in white wine for red wine and pumpkin beer, craving something heavier and warming. Here are some ways wine can be used in fall cocktail recipes.

One of my personal favorites, which is also really easy to make, is mulled apple wine. Here is a recipe from LaBelle Winery.

Mulled Apple Wine

- 1-1/2 cups water
- 1/2 cup brown sugar
- 4 cinnamon sticks
- 6 cloves
- 1 fresh, whole nutmeg
- 2 oranges, thinly sliced
- 1 bottle LaBelle Dry Apple or Heirloom Apple wine

Combine water with the sugar and spices in a saucepan and bring to a boil. Boil for five minutes. Add the orange slices, remove pan from the heat and let sit for 15 minutes. Stir in the apple wine. Reheat gently over low heat; don't allow to boil. Serve very warm in heated glasses or mugs. Garnish with a cinnamon stick. Makes about six cups.

Mulled apple wine can also be made in a crockpot. Last year, I bought a spice pack and apple wine from WindRoc Vineyard, added some water and brown sugar to taste and heated them on low for a couple of hours. You could also add some cinnamon. The house smelled great and it tasted good too.

Myra's Pumpkin Sangria

- Courtesy of Crock Pot Guys*
- 1 bottle chilled white wine
 - 3 cups of mango peach or other tropical juice
 - 1 cup pumpkin pie spice liqueur
- For the rim:
- 2 tablespoons sugar
 - 1 teaspoon pumpkin pie spice
 - 2 tablespoons maple syrup

Combine wine, juice and pumpkin spice liqueur in a pitcher, stir and pour over ice into glasses. If you cannot find pumpkin spice liqueur, you can use a teaspoon of pumpkin pie spice and one cup of brandy. It should be stirred and left to sit one day for better flavor. To coat the rims of the glasses, combine the sugar and pumpkin pie spice in a small bowl. Mix well and transfer to a saucer. Add the maple syrup to a second saucer. Lightly dip the rim of the glass in the syrup and then the sugar-spice mixture. Garnish with cinnamon sticks if desired.

Blushing Bride

Courtesy of About.com Cocktails

Combine one ounce peach schnapps, one ounce grenadine and four ounces Champagne or sparkling wine. Pour

the peach schnapps and grenadine into a Champagne flute and top with the Champagne. This is a great cocktail for bridal showers or brunch because it is light and fruity.

Bloody Rum Punch

- Courtesy of About.com Cocktails*
- 1 750ml bottle of rum
 - 1/2 bottle red wine
 - 6 ounces fresh lime juice
 - 6 ounces triple sec liqueur
 - 6 ounces simple syrup
 - 2 limes, sliced in thin wheels
 - 2 red oranges, sliced in thin wheels

Add all ingredients into a large punch bowl and chill in the refrigerator for at least two hours. Serve over ice in a punch glass. This is a great recipe for Halloween parties.

Kalimotxo

Courtesy of Chow

This simple cocktail comes from Spain. Combine equal parts red wine and cola. Mix gently and serve at room temperature or chilled.

Ready for Riesling Mojito

- Courtesy of Barefoot Wine*
- 4 ounces of Barefoot Riesling
 - 2 ounces lemonade
 - 8 large or 12 small fresh mint leaves
- lime wedge and sugar for garnish

Rim pint glass with lime wedge and dip rim in sugar. Set aside. Place riesling, lemonade and mint leaves in a cocktail shaker with ice. Shake vigorously to crush mint leaves. Pour into sugar-rimmed pint glass.

Barefoot Bubbly Winter Wonder

- Courtesy of Barefoot Wine*
- 4 ounces Barefoot Bubbly Brut Cuvee (or any sparkling wine)
 - 3/4 ounce blue curacao
 - 1/4 ounce grenadine
- Maraschino cherry for garnish

Combine blue curacao and grenadine in cocktail shaker with ice. Shake to blend and chill. Strain into a champagne flute. Top with wine and garnish with a cherry if desired. Even though it's not winter yet, this cocktail has great color and would also be great for holiday parties.

Ecco Cioccolato

- Courtesy of Ecco Domani*
- 6 raspberries
 - 1 teaspoon sugar
 - 2-1/2 ounces Ecco Domani Chianti 1-1/2
- teaspoons sweet cocoa powder

Muddle the raspberries and sugar. Add the chianti and stir in the cocoa powder. Pour into a shaker and shake vigorously. Strain into a martini glass and add whipped cream and chocolate shavings for garnish if desired. This is a great combination of chocolate, raspberry and chianti that can be enjoyed even as a dessert. 🍷



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DRINK RED, WHITE AND GREEN

You don't have to pay a bundle to find good food wines and please wine-lovers with different preferences. This week's wines are solid everyday fare but are tasty enough to serve at a gathering.

The **2013 Camp Chardonnay** from Sonoma County (\$16.99 at The Wine Studio in Manchester) is a good white to pair with heavier fall meals. We enjoyed this white while eating gyros and baklava and found that it stood up well to these big flavors. This pale gold wine had aromas of vanilla, kiwi and that toastiness you sometimes get in an oaked chardonnay. For flavors, we found vanilla and melon with a touch of mineraliness.

The **2010 Wilson Winery Weekday Warrior** from Mendocino County (on sale for \$14.99, regularly priced at \$26.99) is a red blend that, as the name promises, is a good anytime wine. It is easy to pair with food and enjoyable to sip on its own. We got aromas of big, jammy, blackberries and



cherries, scents that followed through to the flavors.

Each week in "Red, White & Green," the wine-lovers taste red and white wines that sell for not too much of the green, less than \$20. The goal? To find a good bottle without breaking the bank. Unless otherwise noted, the prices listed are what you'll find the bottles selling for at the New Hampshire Wine & Liquor Outlet. 🍷

Drink

Beer/wine/liquor tastings

• **WOODSTOCK** Tasting on Thurs., Oct. 10, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.

• **BLUE POINT BREWING** Tasting on Thurs., Oct. 10, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **GUINNESS** Tasting on Tues., Oct. 15, from 4:30 to 7:30 p.m. at Bert's Better Beers, 1100 Hooksett Road, Hooksett, 413-5992, bertsbetterbeers.com.

• **FORTUNE** Tasting on Wed., Oct. 16, from 5 to 8 p.m. at WineNot Boutique, 170 Main St., Nashua, 204-5569, winenotboutique.com.

• **SAM ADAMS STEIN HOIST AND FAT JACK** Tasting on Thurs., Oct. 17, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **WINE TASTING** Sat., Oct. 19, from 3 to 5 p.m. at A Market (), and 6:30 to 8:30 p.m. at the Drinkery () of IncrediBREW's Animal Rescue League of New Hampshire wines.

• **VINILANDIA** Tasting on Wed., Oct. 23, from 5 to 8 p.m. at WineNot Boutique, 170 Main St., Nashua, 204-5569, winenotboutique.com.

• **AYINGER BREWERY** Tasting on Thurs., Oct. 24, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **RIESLINGS** Blind tasting on Tues., Oct. 29, from 6:30 to 8:30 p.m. at WineNot Boutique, 170 Main St., Nashua, 240-5569, winenotboutique.com. Cost \$40.

• **CRUSH** Tasting on Wed., Oct.

30, from 5 to 8 p.m. at WineNot Boutique, 170 Main St., Nashua, 204-5569, winenotboutique.com.

• **SAMUEL ADAMS** Tasting on Thurs., Oct. 31, from 5 to 7 p.m. (costumes welcome) at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.

• **TUCKERMAN BREWING COMPANY** Tasting on Thurs., Oct. 31, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **WOODSTOCK** Tasting on Thurs., Nov. 7, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **GREEN FLASH** Tasting on Thurs., Nov. 14, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.

• **SEBAGO BREWING COMPANY** Tasting on Thurs., Nov. 14, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **WOODCHUCK CIDERS** Tasting on Thurs., Nov. 15, from 5 to 7 p.m. at Barb's Beer Emporium, 249 Sheep Davis Road, Concord, 369-4501, barbsbeeremporium.com.

• **BURUNDIAN WINES** Tasting with owners of R.P. Imports Company on Fri., Nov. 15, at The Wine Steward, 201 Route 111, Hampstead, 329-4634, thewinestewardnh.com.

• **RISEING TIDE** Tasting on Thurs., Nov. 21, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.

• **CISCO** Tasting on Thurs., Dec. 5, from 5 to 7 p.m. at The Beer Store, 433 Amherst St., Nashua, 889-2242, thebeerstorenh.com.

Beer/wine dinners

• **BREWERS DINNER** Fri., Oct. 11, from 8 to 10 p.m., at The Laconia Local Eatery (21 Veterans Square, Laconia, 527-8007, laconialocaleatery.com). Tickets cost \$75.

• **DOGFISH HEAD BEER DINNER** Wed., Oct. 16, at Cask & Vine (1½ East Broadway, Derry, 965-3454, caskandvine.com). Seating at 6 p.m., and 8 p.m. Four-course dinner pairing with selection from Dogfish Head Beer. Cost \$40.

• **AUTUMNAL WINE DINNER** Fri., Nov. 1, from 6 to 8 p.m. with pumpkin-inspired menu at LaBelle Winery (345 Route 101, Amherst, 672-9898, labellewinerynh.com). Tickets cost \$65, includes wine, but not tax and gratuity.

Beer/wine festivals and events

• **OKTOBERFEST** Weekends through Sun., Oct. 27, at Canobie Lake Park (85 N. Policy St., Salem, 893-3506, canobie.com). Beer garden, German fare, pretzels, sausage and strudel.

• **BONFIRE NIGHTS** Fridays and Saturdays in October and November from 6 to 10:30 p.m., at Bedford Village Inn (2 Olde Bedford Way, Bedford, 296-3918, bedfordvillageinn.com). No admission, cost based on consumption; drinks start at \$6, food at \$5. Includes s'mores and pumpkin martinis.

• **PINT NIGHTS** at The Holy Grail (64 Main St., Epping, 679-9559, hoygrailrestaurantandpub.com), features reduced price and complimentary glass with a different beer each Thursday: Sam Adams Oktoberfest on Oct. 10; Shipyard Pumpkin on Oct. 17; Stella Artois on Oct. 24; Long-trail Harvest on Oct. 31.



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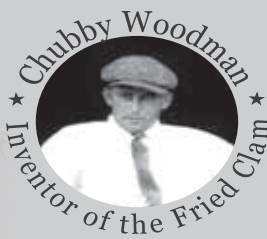
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The School

Revolution B

Includes listings for lectures, author events, book clubs, writers' workshops and other literary events. To let us know about your book or event, e-mail Kelly Sennott at ksennott@hippopress.com. To get author events, library events and more listed, send information to lings@hippopress.com.

FILM pg63

- *Enough Said* B+
- *Gravity* B+
- *Runner, Runner* C-

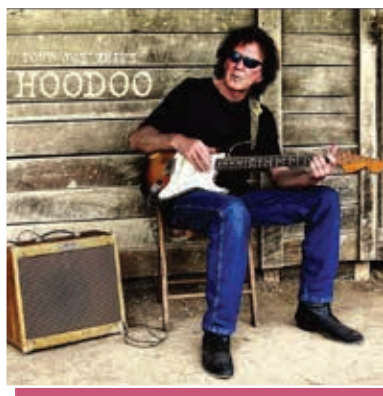
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Dale Earnhardt Jr. Jr., *The Speed of Things* (Warner Brothers Records)



glitch sending out come-hither pheromones to casual Pitchfork readers (the song later gets a “Reprise,” apparently because, you know, because). “Run” comes next, a peppy little number perfect for pushing grocery carts by, followed by “Knock Louder,” which only weirded me out because it sounds like a real bass is being used in there (at this point, despite a few bent-circuit layers and things like that, any pretense of being any edgier than the first George Harrison solo album is completely gone). “If You Didn’t See Me (Then You Weren’t On The Dance Floor)” is the single if I read this stuff right, a tuneless, poppy blip-blooper evoking a sleepwalker collecting moonrocks. **B-** — *Eric W. Saeger*



Tony Joe White, *Hoodoo* (Yep-Roc Records)

During his 70 years of existence, blues guitarist/singer White has written hits for Tina Turner and seen his own below-the-radar stuff covered by nearly everybody, most notably “Polk Salad Annie,” which was redone by Tom Jones and Elvis Presley. No one knows the real number of albums he’s released, but this one will appeal to an inter-generational audience that includes not just the typical bar drunks who enjoy tripping over stools to stuff like this but also the current class of coolios, who will thrill to his lackadaisical, mumbled vocal delivery — he sounds like your repressed shut-in uncle singing to himself in the john. Other pluses on this one include the unique, fantastically understated guitar sound; a song about gators; and the fact that T-Bone Burnett had nothing to do with this album, which was recorded in one-takes at his own studio. White puts his worst foot forward with album-opener “The Gift,” which, without any whiz-bang solo for distraction, is Creedence’s “The Old Man Down the Road” in a fake mous-tache. But from there it’s pure swampy bliss with a lot of disembodied personality — the guitar sound itself is worth investigating. **A** — *Eric W. Saeger*

PLAYLIST

A seriously abridged compendium of recent and future CD releases

• I’m writing this with one week to go in September, and if anything has weirded me out lately, it’s the lack of “Christmas is next week, get moving!” commercials on TV, except for Kmart with the sketchy gingerbread man stalking the nice cubicle lady. Meanwhile, it’s holly jolly time in my inbox, because hundreds of musicians and record labels have been pelting me, as a registered Important Music Critic, with all sorts of new CDs and announcements and stupid invitations to shows being held in cities I don’t live in. But out of all these new music thingamajigs, there’s only one that I’d like to see in my own stocking on Dec. 25, namely the new **Gary Numan** album, *Splinter (Songs from a Broken Mind)*. Why? Because he looks so steampunk/Abraham Lincoln on the cover, and because the last few albums he’s done have been so awesome that I can’t even stand it, totally swirly goth and hard and crazed. But maybe I should live-review one snippet right now, just to be sure, wait a second. OK, the first single is called “I Am Dust,” let’s see. OK, he sort of rips off Trent Reznor’s “Closer to God” with all the creepy sounds and things, but wait, he’s singing, there he goes, yodeling like a man with serious problems. This is awesome. Buy this record the second it comes out on Tuesday.

• Hold on, I can’t believe it, there’s another slam-dunk-awesome album coming out next week, called *Good Mood Fool*, from **Luke Temple**! What is this, National Non-Bad Music Week? “Katie” is the first single, sounding like Jamie Liddell on a total Smoky Robinson trip, with lyrics about a guy obsessed with one of those live-video girls that pop up on the porno sites, something that I have no personal knowledge about at all but once saw a story on the Yahoo thing.

• **Pearl Jam** — remember when the ‘90s were going to fix everything, and then all those plaid-flannel guys sold out faster than a politician at a “FREE BRIBES” mall kiosk? So their new album, *Lightning Bolt*, is out next week, and this should totally rock — remember “Evenflow” and how awesome that song was? The second single from this new album is called “Sirens,” and it sucks, it sounds like a cover of a bad Cheap Trick ballad, gack. Why did I bother?

• With a name like “**The Avett Brothers**,” you’d expect Stetsons, beer and NASCAR, but they love their punk rock, a little, those Avett Brothers. Their new LP streeting next week is called *Magpie and the Dandelion*, featuring the single “Another is Waiting.” This song sounds like Weezer trying to be the Mumfords, or Weird Al covering Arcade Fire, take your pick, depending on how seriously you can take this stuff. — *Eric W. Saeger*

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Julia Glass on *The Widower's Tale*

Award-winning author to speak in Nashua

By Kelly Sennott
ksennott@hippopress.com

The Nashua Public Library's 50 plus copies of *The Widower's Tale* have been "circulating like crazy," Nashua Public librarian Carol Eyman said of the city's 11th One City, One Book program title. The grand finale of this season-long community book-reading extravaganza is Friday, Oct. 25, when author Julia Glass visits Nashua to speak about and answer questions about the book.

The Widower's Tale is about a 70-year-old man named Percy Darling who is settling happily into retirement, until he's reluctantly persuaded to let a locally-beloved preschool take over his barn. Life is turned upside down, but perhaps not, he discovers, for the worse.

The idea of this annual program, Eyman said, is to get as many Nashuans as possible to read the same book and talk about it with friends, coworkers, neighbors and fellow library patrons. There are many criteria that go into picking each title, she said. One is that it must be available in paperback, large print/Ebook and in audio. It must be a book that people of all ages can enjoy, and it must be a tale that lends itself to discussion.

"There have to be themes, topics. Some books are really good to read, but there may not be much to talk about at the end. We look for a book that has themes or plots that lend itself to the programming about the topic," Eyman said.

Glass spoke with us via phone about *The Widower's Tale*, her new novel (*And the Dark Sacred Night*, which she'll read from at the event), writing and her love of libraries.

When did you find out *The Widower's Tale* was Nashua's 2013 title, and

Hear Julia Glass talk about *The Widower's Tale*
Where: Nashua Public Library, 2 Court St., Nashua
When: Friday, Oct. 25, at 7 p.m.
Admission: Tickets cost \$7 for the presentation and book signing beforehand, \$10 at the door. Attendance at a private reception, which supports the work of the Friends of the Library, costs \$25. Purchase tickets online at mktix.com/npl, or call 589-4610.

what was your reaction?

It was at least a few months before June. I wasn't allowed to announce it on my author Facebook page until then. ... I love doing library events. As a child, I worked at my public library from the moment one was allowed to have a job. Back in the olden days, before child labor laws came in, libraries would pay a page to put books away. You were eligible when you entered fifth grade. I was so excited and positive that there would be a line that I made my mom drive me to the library that day. ... From then all the way through the summer after my senior year of college, I worked, in some capacity, at my public library.

I could tell from the book that you like libraries.

Currently, I'm in a love/hate relationship. I'm always appalled at the way technology has upstaged books. ... Sometimes it seems that books are second-class citizens in the modern world. As you can guess, the character of Percy grew out of my own resentment against the changing nature of libraries. I returned from New York to Massachusetts in 2004 as a fellow at the Radcliffe Institute for Advanced Study and spent a year here working on my second novel. [She stayed in her Massachusetts hometown, Lincoln, during this fellowship.] I had full access to all of Harvard's private libraries. ... One of the things I remember was walking into a Reading Room and seeing not a sea of students with their heads buried in books, but students looking at computer screens.

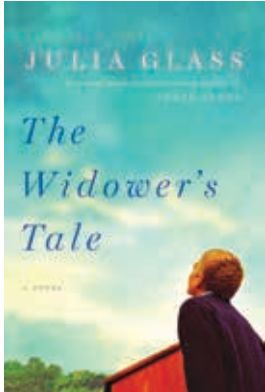
*You said in another interview that the idea for *The Widower's Tale* occurred when you returned to your hometown after 24 years of having lived in New York and saw that everything had changed. Was Matlock based off your own hometown?*

Matlock is the alter-ego of Lincoln, yes.

You tell the story from multiple perspectives, but only Percy's is told from



Julia Glass, courtesy photo



The Widower's Tale



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first-person. Why is that?

Percy was the original character. I have certain habits as a writer. All writers do, and I'm in the phase of trying to work against some of those. I start with a single point of view, knowing that other points of view will emerge. When I first started writing, I actually thought the other significant secondary character was going to be Percy's daughter Trudy. ... I've always wanted to research and explore what it's like to be a medical oncologist, someone who administers chemotherapy. What's it like to poison someone to make them well? I've been through a lot of cancer treatment, and I'm fine now. But as I wrote, I became more enthralled with Trudy's son, Robert.

Lots of readers and reviewers compare your books, including The Widower's Tale, to your first book, Three Junes, which won the National Book Award. Do you think the books are comparable?

Three Junes is the other novel I wrote in which the main character is written in first person. In these two books, I want the readers sympathies and potential frustrations to be anchored in this particular character. I want the reader to empathize,

and to be equally captivated with the other stories intertwining with Percy's story, but always, the story is anchored around Percy.

The Widower's Tale contains many points of view, many subplots. Is it difficult jumping from story to story?

Mostly, it comes naturally. Most of the decisions I made about timing, of [point of view], are very organic. That doesn't mean that in revisions, I won't flip flop some things. Mostly what I do is trim. I'm an overwriter. I'm an overpacker, my house is filled with too many patterns ... I joke that I'm a maximalist. Some people have compared me to 19th-century novelists, but that's fine with me. ... It's reigning myself in that's hard. ... My father was an archaeologist. I think that's my style of fiction writing. I go down to the surface and back up again, down to the surface, back up. My son has gotten me into the show *Breaking Bad*. Although the subject matter is a bit violent and radical for me, one of the reasons I'm so swept up in is because of the extensive, rich characters and rich writing. I'm comfortable with the way those writers use time. It reminds me of the way I use time.

What is your writing process like?

Because I don't outline, because I don't lay a roadmap out, I sometimes find myself writing out on some tangential direction that takes me to a cul-de-sac. I end up bushwhacking in a wilderness I don't belong in. In *The Widower's Tale*, during the Thanksgiving dinner, I thought there would be a huge blowout of some sort ... I ended up with 35 pages of Thanksgiving dinner in which nothing really happens except that everyone eats so much. ... I know writers who like to plan things out ahead of time, but I'd rather just meander.

You studied not writing but painting during your time at Yale. Do you think that shows through in your writing?

My writing is very visual, and I think that's a product of all those years working on the visual arts. Every writer has a particularly favorite pleasure in writing. Some people love writing dialogue. Some people really love doing research. I'm lazy and do as little as possible. For me, it's putting the reader in the setting. I tend to over-describe. ... Because Percy is a bachelor, I described a layer of green pollen on the books. That to me is like ice cream with chocolate sauce.

Do you still paint?

I don't paint any longer. ... One of the things I really miss is working so directly with color. Color is one of the greatest pleasures of my life. I dress brightly. I have a lot of bright colors in my house. Conveying colors, the color of a world, is something I quite enjoy, though it's not quite the same as mixing colors on a palette.

Will you give us a sneak-peek of your next book, And the Dark Sacred Night?

This book grew out of a very tiny subplot in *Three Junes*. And there was a secondary character in *Three Junes* I just really wanted to revisit ... Fenno McLeod is back for a third time. At the heart of the story is this 42-year-old man searching for his biological father. He was never told the identity of his father at this point in his life, and he feels that in order to move forward, he needs to find out who he was. I've always wanted to write a quest novel! ... I revisit some characters from *Three Junes*, and along with that, I'm creating a whole new cast. But, being who I am, I fell off the beaten track. 🍷

The School Revolution, by Ron Paul (Grand Central Publishing, 206 pages)

Ron Paul believes the public-school system in America is a thick, dim dinosaur bloated with tax dollars — that, when compared to other nations, it does a poor job of teaching kids science and math but is wildly successful at installing values that contradict those of American parents.

But the school system is like the weather — everybody complains about it, but nobody does anything about it. Reform efforts fail because power resides with money, and an educator's (or politician's) fastest route to unemployment is to suggest that school districts forfeit state and federal funding. That, Paul acknowledges, would lead to tax hikes, budget cuts and massive firings. So what's a libertarian reformer to do?

Look at another dinosaur: the U.S. Postal Service.

In his new book *The School Revolution*, Paul, the 12-term Texas congressman and three-time presidential candidate, suggests that the increasing irrelevance of the Post Office offers hope for the education of the nation's children, if not the delivery of its mail.

Like the school system, the Postal Service squatted over its turf for a couple of centuries, deterring most challengers by heft alone. But then the government allowed Federal Express and UPS to deliver overnight packages, and then the Internet and email came along, and suddenly, the Post Office is looking much like a dead-letter office, without any effort at revolution

by its critics.

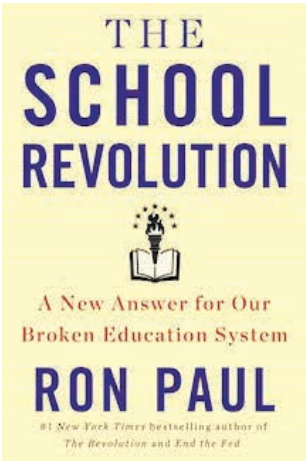
"No major restructuring of the Postal Service by the federal government was necessary to eliminate it. It has been replaced by better technologies and better services provided by the private sector," Paul writes.

Education, too, can be transformed by what Paul calls voluntary replacement: "reform that nobody notices." *The School Revolution* is his blueprint for how this could happen. If individuals are conveniently aided by his own home-schooling program available — for a fee — on his website, well then, so much the better.

Well, look, the man's got to make a living. Yes, he was a flight surgeon in U.S. Air Force, and before he became a Congressman, he was an obstetrician who delivered 4,000 babies in Texas, but in a free market, good ideas have worth. Besides, he's only charging \$10 for a one-year subscription to ronpaulchannel.com.

But, to be fair, this book could have been an infomercial for the Ron Paul home-schooling program, and it's not. It's a quick and inspirational read about liberty and personal responsibility as it applies to parents.

Paul believes most parents have unthinkingly abdicated the responsibility of their



children's education to the government, to the point that most of us only vaguely know what our kids being taught, and if we knew, we would be horrified, as he is. (The nerve of those FDR lovers!) But until the free market does its thing and eradicates the school bureaucracy like it did the Postal Service, parents have two other choices: private education or home schooling. The good news is, both are becoming cheaper, thanks

to the Internet. In an age in which esteemed colleges are putting their courses online for free, it can no longer be argued that a good education is expensive. A good education requires only that it be family-run, family-funded and liberty-intense, Paul says. In addition to science, history, economics and math, students must learn that "as individuals mature, they must accept greater personal responsibility for their actions." They must learn to self-govern, which is, according to Paul, the basis of liberty and is not a concept promoted in public schools.

"The most effective way to reform tax-funded schools is for dedicated parents to remove their children from these schools," he writes. "Every time a child is removed from a local school, the district loses state funding. That catches the bureaucrats'

attention. The more it happens, the more it catches their attention."

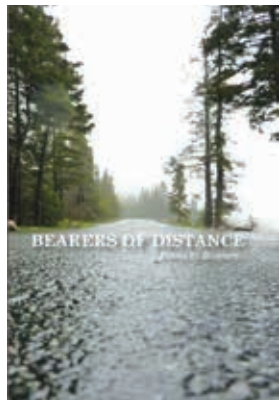
At this point, the cynic might recollect that Paul is famous not for the legislation he passed during his time in Congress, but for the legislation he *didn't* pass: not a single bill. But Paul is comfortable with his calling, which is to reignite the flames of liberty in a country that seems to lose more of it each day. (A footnote makes the grim point: In 2011, 83,000 pages of new regulations were published by the Federal Register.)

Most people write books to persuade others; oddly, Paul seems to be writing to those who already share his views. "If you are reading this, then likely at some point, you became convinced that we have surrendered far too much power to the state," he says at the book's beginning. But that mindset is not a prerequisite to gleaning ideas from this book; it's a thoughtful primer on the intellectual traditions that underpin American democracy, useful for any thinker on the political spectrum.

Whether Paul (or his son, the junior senator from Kentucky) becomes president is not vitally important to him; that the libertarian ideals continue to new generations is. "It is my goal to train thousands of future libertarian activists who will dedicate themselves to spreading the message of liberty," Paul writes. But 2016 looms, and he promises, "I'm not out of circulation yet."

B — Jennifer Graham 🍷

Book Report



• **The big announcement!** In a 10-minute YouTube video posted on Double Midnight Comics' Facebook Page, the owners of DMC announced the big news they'd been hinting at all week long. In case you don't have 10 minutes to spare, we'll give you the gist of the video: They're opening a second location in downtown Concord, right on Main Street. The

Concord store's kick-off celebration is on Friday, Oct. 25, at 5:30 p.m., in downtown Concord. Visit dmcomics.com or keep tabs on the business's Facebook page, facebook.com/dmcomics, for the latest information.

• **Books, books and more books:** This weekend, as part of the Fall Foliage Festival, the Pillsbury Free Library (18 E. Main St., Warner, 456-2289) hosts a book sale on Saturday, Oct. 12, from 9 a.m. to 4 p.m., and Sunday, Oct. 13, from 9 a.m. to 4 p.m., with about 6,000 titles, eighty percent of which were donated. Books will go for between \$.50 and \$2.

• **Runners are poets, too:** Inspired by the tragedy at the Boston Marathon in April, two New Hampshire runners, Manchester resident Jenn Monroe and Newmarket resident Martin Elwell, created a runner's anthology of poetry called *Bearers of Distance*. It contains nearly 50 poems written by runners and poets of all ages, backgrounds and abilities. (The poems aren't necessarily about running, but they are all running-inspired.)

"I knew I needed to do *something*, but I wanted to do more than just make a donation. Then I started to think about the poets I know who are also runners, and it grew from there," said Jenn Monroe, who edited the anthology, in a press release.

The title comes from a line in the poem "The Runners" by Irving Feldman, which is included in the anthology. Half of all profits from the sale of the book will be donated to The One Fund. The book is available for \$15 from the Gloucester-based Eastern Point Press. Visit easternpointlithouse.com to order a copy.

— Kelly Sennott

Books

Author events

• **MARIE HARRIS** talks about *The Girl Who Heard Colors* at Gibson's Bookstore, 45 S. Main St., Concord, 224-0562, gibsons-bookstore.com, on Thurs., Oct. 10, at 7 p.m.

• **LORRIE THOMSON** discusses her book *Equilibrium* at the Nashua Public Library, 2 Court St., Nashua, 589-4610, on Thurs., Oct. 10, at 7 p.m., in observance of Mental Illness Awareness Week.

• **HOWARD MANSFIELD** reads from and discusses his new book, *Dwelling in Possibility: Searching for the Soul of Shelter*, at RiverRun Bookstore, 142 Fleet St., Portsmouth, 431-2100,

on Wed., Oct. 9, at 7 p.m. Visit riverrunbookstore.com.

• **ERIC MASTERSON** reads from and discusses his new book, *Birdwatching in New Hampshire*, on Thurs., Oct. 10, at 7 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth, 431-2100, riverrunbookstore.com. Visit riverrunbookstore.com.

• **DALE PETERSON** talks about *Giraffe Reflections* at the Toadstool in Peterborough (12 Depot Sq., Peterborough, 924-3543) on Sat., Oct. 12, at 11 a.m.

• **ANNA DEWDNEY** talks about *Llama Llama and the Bully Goat* at Gibson's Bookstore, 45 S. Main St., Concord, 224-0562, on Sat., Oct. 12, at 11 a.m.

• **AMBER SPARKS AND ROBERT KLOSS** talk about their works, *May We Shed These Human Bodies* and *The Alligators of Abraham*, respectively, at the NHIA French Building Rotunda (148 Concord St., Manchester) on Tues., Oct. 15, at 7 p.m. Free admission.

• **AIMEE GAGNON FOGG** visits the Hooksett Public Library, 31 Mount Saint Mary's Way, Hooksett, 485-6092, on Thurs., Oct. 24, at 6:30 p.m. She'll talk about her book, *The Granite Men of Henri-Chapelle*.

• **RICHARD RUBIN** talks about *The Last of the Doughboys: The Forgotten Generation and Their Forgotten World War* on Thurs., Oct. 17, at 7 p.m., at the Wilton Public & Gregg Free Library, 7 Forest Road, Wilton. Call 654-2581.

• **KATHARINE BRITTON** talks about *Little Island* at Gibson's Bookstore, 45 S. Main St., Concord, 224-0562, gibsons-bookstore.com, on Thurs., Oct. 17, at 7 p.m.

• **HEDRICK SMITH** talks about *Who Stole the American Dream* on Tues., Oct. 22, at 7 p.m., at Gibson's Bookstore, 45 S. Main St., Concord, 224-0562, gibsons-bookstore.com.

• **CAROL LEE ANDERSON** discusses her book, *The New England Life of Cartoonist Bob Montana: Behind the Archie Comic Strip*, on Tues., Oct. 22, 10:30-11:30 a.m., at the Merrimack Public Library, 470 DW Highway, Merrimack, 424-5021. Registration required.

• **J.M. HIRSCH** talks about *Beating the Lunch Box Blues*, the book on which he collaborated with Rachael Ray, at Gibson's Bookstore, 45 S. Main St., Concord, 224-0562, gibsonsbookstore.com, on Wed., Oct. 23, at 7 p.m.

• **JULIA GLASS** presents at the Nashua Public Library, 2 Court St., Nashua, 589-4610, on Friday, Oct. 25, at 7 p.m. Part of Nashua Reads: One City, One Book program, whose title this year is *The Widower's Tale* by Glass. Tickets \$10. Visit nashuareads.com.

• **COLUM MCCANN** will be the keynote speaker at the NH Humanities Council's annual dinner on Mon., Oct. 28. See nhhc.org.

• **MRB CHELKO** talks about her work at the NHIA French Building Rotunda, 148 Concord St., Manchester, on Wed., Nov. 6, at 7 p.m. Free.

• **JAMES VAN PRAAGH** at the Palace Theatre, 80 Hanover St., Manchester, on Sat., April 12, at 7:30 p.m. Tickets \$29.50-\$59.50. Call 668-5588, visit palacetheatre.org. Bestselling author of *Talking to Heaven* and *Reaching to Heaven*.

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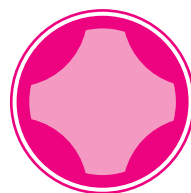
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POP CULTURE VIDEO GAMES

Dragons Crown



**PS3/Vita
Atlus Games**

Vanillaware's beautifully drawn love letter to classic 2-D beat-'em-ups has one big problem it can't overcome — its obscene portrayal of female characters.

The developer that brought two of the best 2-D action games (*Odin Sphere* and *Muramasa: Demon Blade*) to the living room swings for the fences of nostalgia and rococo art direction. Players select one of six characters (Elf, Fighter, Wizard, Dwarf, Sorceress and Amazon) who play largely according to your usual fantasy tropes.

You can tackle your quest solo, with the help of resurrected companions (the bones of whom you find while adventuring) or in co-op over the Playstation network with up to three additional heroes.

You then hack, slash and button mash your way through nine environments, twice, to obtain a series of magical runes that allow you to fight the titular dragon and restore order to the land. As you cut down hordes of skeletons, owl-bears, goblins and dark wizards you earn experience and loot to increase the bad-guy-whacking skills of your chosen adventurer. As you level up, new magic spells, more deadly volleys of arrows or, in the case of the burly dwarf, wrestling moves up the value of the damage numbers spilling off your enemies.

Dragon's Crown gets a number of itches scratched. The RPG escalation of abilities and increasingly dangerous armaments is addictive. Movement and combat are satisfying, and while it can be obnoxious to line up ranged attacks, the variety of digital bloodletting vectors keeps the grind fresh. The screen-filling



Dragon's Crown, PS3/PS Vita

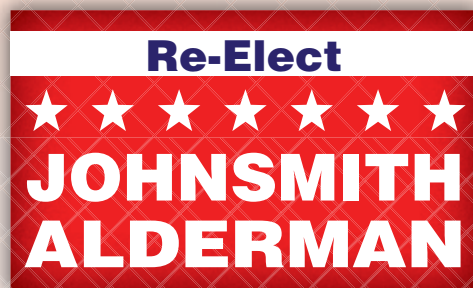
bosses at the end of each level are great big walls of fun to furiously hammer upon. And the art is simply beautiful.

But this is also where the game fails miserably. To say that the presentation of women in *Dragon's Crown* is shameful is an understatement. Of the three playable female characters, only the childlike elf is clothed. The sorceress might as well be shooting lightning bolts from her heaving bosom, and the Amazon is clad in the dental-flossiest of chain mail bikinis. The non-player characters are, at best, royal tarts.

The gross, unappealing sexualization ruins a solid and enjoyable classic arcade experience. I get cheesecake fantasy Art Director George Kamatani, but even Boris Vallejo would wince at the erotica on display herein. Interested gamers would do well to save \$35 and grab the classic *Dungeons & Dragons: Chronicles of Mystara* instead. **D** — Glenn Given

Glenn is a writer, designer and game maker. You can find more of his work at gamesbyplaydate.com.

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Lectures and discussions

• **NEW ENGLAND'S HAUNTED & HISTORIC LIGHT-HOUSES** presentation by Jeremy D'Entremont on Wed., Oct. 9, at 6:30 p.m., at the Hooksett Library, 31 Mount Saint Marys Way, Hooksett, 485-6092. Free.
• **WITCHES, POP CULTURE AND THE PAST** presentation by Dr. Robin DeRosa, professor of English and Women's Studies at Plymouth State University, on Tues., Oct. 15, at 7 p.m., at the Amherst Town Library, 14 Main St., Amherst, 673-2288,

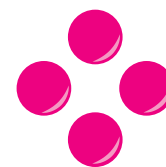
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• **GREAT FIRES: CON-FLAGRATIONS THAT RESHAPED NEW ENGLAND** lecture series throughout the year at the Research Library of the Portsmouth Athenaeum, 9 Market Square, Portsmouth. Reservations for each program required. Call 431-2538, ext. 17; Don Whitney and Michael Daicy will talk about the 1866 fire in Portland on Wed., Oct. 16, at 7 p.m.

Book discussions

• **ANIME CLUB** at Nashua Public Library for grades 8-12 meets on the first Tuesday of the month at 4 p.m.
• **ANIME CLUB** at Manchester City Library for grades 6-12 meets some Thursdays at 4 p.m. Fans can gather to play cards, watch movies, discuss their favorite characters, and draw.
• **ANIME & MANGA CLUB** is forming at Rodgers Memorial Library in Hudson. Meetings will involve book discussions, anime viewing and workshops.



Enough Said (PG-13)

Julie Louis-Dreyfus and James Gandolfini timidly consider romance in *Enough Said*, an enjoyable cringe comedy from Nicole Holofcener.

Holofcener has been doing this kind of movie, with Catherine Keener as one of the major players, since the mid-1990s. They’re smart, funny, occasionally watch-from-between-your-fingers comedies that often focus on difficult but loving relationships: female friends, mothers and daughters.

Here, we get Eva (Louis-Dreyfus), a divorced massage therapist, in the midst of all sorts of relationship turmoil. She has just made a new friend, glamorous poet Marianne (Keener). She has just met a new man, the shlubby but sweet Albert (Gandolfini). But, most fraught, she is on the verge of sending her only child, daughter Ellen (Tracey Fairaway), across the country to college.

This predicament is one of the first things Eva and Albert talk about when they meet at a party. There’s some awkward small talk, some joking about neither being attracted to anybody at the party — but later Albert asks Will (Ben Falcone), husband of Eva’s friend Sarah (Toni Collette), for Eva’s number. Eva is hesitant because she isn’t sure she’s attracted to him, perhaps because she isn’t sure about the whole first-date-new-relationship thing, but decides to take a chance and finds herself having a great time. She and Albert, as she later tells new client Marianne, are comfortably middle-aged together. What she doesn’t yet realize is that Marianne, whom she met at the same party where she met Albert and has since listened to on the subject of her terrible, unappealing ex-husband several times, is his ex-wife.

When Eva does figure it out, she’s shocked — but then intrigued. It’s horrible and dishonest not to tell Marianne and Albert that she knows about them, but she also finds the prospect of getting a window into the personality of her new boyfriend from his ex-wife too tempting to pass up.

This is a different Louis-Dreyfus from the one on *Seinfeld* or *Veep*. She has more warmth, more humor and more cracks in the public face that let little glints of her vulnerability



Gravity

through. With Albert, Eva is afraid of what she’s gaining. With Ellen, she is, we see in little moments, wrecked over what she’s losing. While the romance with Albert is the main action of the movie, a constant thread is the awkward emotional untangling that Eva and Ellen are doing from each other. Ellen is never around — but suddenly Chloe (Tavi Gevinson) is, Ellen’s friend who is going through some sort of separation/clinginess thing with her own mother. Albert is also dealing with the imminent departure of his daughter Tess (Eve Hewson). In a quiet way — particularly considering the gimmickiness of the main plot — this story is almost more the emotional heart of the movie than the romance. Eva and her husband, Albert and Marianne — both couples divorced a while ago but it’s only really now with the official launching of their daughters into the world that these couples will truly be separated. And it’s now that parents Eva and Albert have to consider their lives without their kids at the center. It’s time for us to get hobbies, Eva jokes with Albert.

Which is all to say: change is scary and probably painful and that’s what Eva is all about here. Holofcener has always been good at making very adult movies about adult relationships and change and love and loss that, while they may play with some soapier themes (like adultery in *Please Give* or a forthcoming wedding in *Walking and Talking*), really have smarter, messier things to say about their char-

acters. *Enough Said* features truly top-notch performances by actors willing to be messy and human in a really appealing way. Gandolfini — appearing here in one of the final films he shot before he died — isn’t hiding behind any *Sopranos* toughness. He gives us an Albert who is perfectly imperfect, a guy who responds to good news and bad in ways that make sense with his character. Though Keener and Collette have smaller roles, they also each get plenty to do and nice little moments where they get to show off their characters’ layers.

Enough Said is funny and sweet, sad and smart — another solid offering from Holofcener. **B+**

Written and directed by Holofcener; Enough Said is an hour and 33 minutes long and distributed by Fox Searchlight.

Gravity (PG-13)

A scientist and an astronaut are stranded in open space in *Gravity*, a quiet and smart movie disguised as a 3-D extravaganza featuring famous movie stars.

Ryan Stone (Sandra Bullock) is a doctor, not an astronaut, so while astronaut Matt Kowalski (George Clooney) is chatting with Mission Control and enjoying the view, Stone is trying hard just not to lose her lunch during a space walk to fix some equipment. A third scientist (Phaldut Sharma) is doing flips and Kowalski is making jokes, but Stone is all

business, with the occasionally pressed-lips, closed-eyes look of somebody who is about to hurl in their helmet. Then NASA informs them that an accident involving a missile and a satellite has caused a chain reaction and now there is a debris field circling the globe. With only seconds’ warning, the debris — traveling fast — bombards the space walk, tearing apart the shuttle and slamming into equipment. Stone is untethered from the equipment and sent spinning in space. Kowalski is able to jet to her with his jet pack, but they find themselves dealing with a variety of problems: their space shuttle is damaged, Stone is low on oxygen, Kowalski is low on fuel and they have a bit of a ways to travel in open space until they get to the International Space Station, which is perhaps their only chance of getting home.

Because the debris field knocks out other satellites, the movie, which takes place in the vastness of space with the entire Earth spinning under the astronauts, quickly narrows to just Stone and Kowalski. He is what you picture when you think “astronaut George Clooney” — he is cheery, excited by the vastness of space, joking about beating another astronaut’s space walk record even as he is in mortal danger. I’ve seen other film critics compare him to Buzz Lightyear and it’s a good description. Kowalski is, at every moment, assessing the situation and optimistically, patiently, calmly explaining how to proceed.

Stone is the opposite. Even though she knows she’s one of the few humans to ever get to hang out in space, she doesn’t seem to be enjoying herself. She is never awed at the view, she doesn’t seem to really consider at all the Earth beneath her or the infinite stretching out behind her. She seems indifferent to annoyed at Kowalski and, once trouble hits, she seems all but certain of her own doom. And what’s cool about the movie is that Bullock conveys this all in relatively few words.

Though a lot of the buzz of this movie is about the special effects, the acting is truly where the story succeeds or fails. While I’m sure a dazzling amount of work is involved in making it look like Bullock and Clooney are out in space (and it does, with such precision that you almost forget they couldn’t just go up there to shoot the movie) and to craft 3-D

REVIEWLETS

* indicates a movie worth seeing. For reviews of graded films, go to hippopress.com

Opening this week:

Captain Phillips (PG-13)

Tom Hanks, Catherine Keener. Paul Greengrass directs this biopic about a ship hijacked by Somali pirates.

Machete Kills (R)

Danny Trejo, Michelle Rodriguez. Also, Amber Heard, Sofia Vergara, Jessica Alba, Mel Gibson and introducing Carlos Estevez (the real name of one Charlie Sheen). Robert Rodriguez’s pulp hero returns.

Coming soon:

Oct. 18: *Carrie* (R), a remake from director Kim-

berly Peirce of *Stop-Loss* and *Boys Don’t Cry*, starring Chloe Grace Moretz and Julianne Moore; *Escape Plan* (R) starring Sylvester Stallone and Arnold Schwarzenegger; *The Fifth Estate* (R), with Benedict Cumberbatch as Julian Assange; *12 Years A Slave* (R), from director Steve McQueen starring Chiwetel Ejiofor, Benedict Cumberbatch, Brad Pitt, Michael Fassbender and

Paul Dano.

Oct. 25: *The Counselor* (R)

Ridley Scott directs this drama about a lawyer who gets tangled up with drug dealers starring Michael Fassbender and Javier Bardem; *Jackass Presents: Bad Grandpa* (R) starring Johnny Knoxville and Jackson T. Nicoll.

In theaters:

Baggage Claim (PG-13)

Paula Patton, Derek Luke.

A flight attendant doesn’t want to be dateless to her younger sister’s wedding so she uses her ability to find and track the flights of ex-boyfriends to try to hook a potential husband. **C-**

Battle of the Year (PG-13)

Josh Holloway, Chris Brown. It’s a dance movie! A team trains for the big b-boying competition. Some screenings are in 3-D; plots and

characters have 0 dimensions. **D+**

**Blue Jasmine* (R)

Cate Blanchett, Alec Baldwin.

A whole lotta acting (*Acting!*) goes into this fascinating, aggravating riff on *A Streetcar Named Desire*. It’s, I don’t know, B-? Or B? Or F, depending on your ability to tolerate all of Woody Allen’s little tics. **B-**, let’s say.

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effects that mimic the low-gravity environment, these effects aren't really something either actor can hide behind. Bullock and Clooney are doing most of the work of telling the emotional side of this story — and doing it often just with their faces, since the rest of their bodies are in space suits for much of the movie.

Despite the sci-fi setting and the fancy effects, emotions are at the heart of this story. Loss and loneliness, optimism and love, the ability to feel wonder — Bullock's character might be tossed around physically but it's the way Stone is broken down emotionally that is really the arc that drives the story. And yes, "Stone" is an appropriate way to describe how she starts the movie and a good example of the movie's use of both overt and more subtle symbolism to get across its message of what exactly is happening to her. I have to say I didn't start off loving this movie — it's too well-made and too good not to like, but it didn't really grab me until about halfway through. And while some of what I like about this movie is also a little emotionally manipulative, I felt like it earned its more gut-wrenching moments. A lot of what I liked about this movie is what might be considered a spoiler. It's hard to explain just what I like about Bullock's character without talking about how she ends up and how believable the transformation she goes through is. Suffice to say, it's one of the better, more fascinating performances I've seen in a while and one that I never would have expected of Bullock back in the early part of her career when they were still cramming her into romantic comedies.

Gravity is probably one of the few movies worth not only seeing in the theater but worth seeing in 3-D. While the 3D effects didn't blow me away, they don't get in the way of enjoying the movie (no small feat when it comes to live-action 3-D) and they were occasionally even a little clever. I will admit that I go in as someone who does not particularly love most 3-D offerings. If those glasses and the stuff floating right at your face are your idea of excitement, *Gravity*'s use of 3-D will probably delight you. **B+**

Rated PG-13 for intense perilous sequences, some disturbing images and brief strong language. Directed by Alfonso Curan and written by Alfonso Curan and Jose Curan, Gravity is an hour and 30 minutes long and distributed by Warner Bros.

Runner Runner (R)

Justin Timberlake decides that online poker is how he'll make his fortune in Runner Runner, a movie only slightly more exciting than playing computer solitaire.

Richie Furst (Timberlake) worked on Wall Street but lost his job and his money in the crash so he decided to brush up his résumé by getting a business degree at Princeton. Unfortunately, there are apparently no merit scholarships for former hedge fund employees, so he is stuck paying the full price of tuition himself. He earns the money by recruiting players — students, professors — for online poker, but after the

dean (Bob Gunton) tells him to knock it off, Richie finds himself short of funds. Despite being some kind of math whiz, Richie decides that, if he can't recruit customers for Internet gambling, the best way to raise money is to play a little online poker himself. He bets all his money in hopes of winning enough to get him to graduation but winds up losing it all.

However, with math and computer nerd friends, Richie is able to prove that he didn't lose fair and square. It appears — shocked, *shocked* — that online poker might not be the temple of virtue Richie thought it was. He takes the evidence of cheating down to Costa Rica to find the site's owner, Ivan Block (Ben Affleck). Determined to get his money back, Richie worms his way into one of Ivan's rap-video-like parties and makes his pitch. Ivan shoos him away but gets his men to find Richie later. He's not angry, he's appreciative. He's so glad that Richie brought the proof straight to him instead of, I don't know, Yelping about it or something that Ivan gives Richie a job with the organization.

As you might suspect, running a massively successful Internet gambling site is not exactly the most honest business, at least not how Ivan does it. There are the Costa Rican officials that need bribing and the recruiters (the guys who find the big-dollar gamblers) who occasionally need blackmailing. And, while it doesn't technically have jurisdiction, there's the FBI and Agent Shavers (Anthony Mackie). Shavers makes a point of kidnapping and putting the hard sell on all of Block's American employees, hoping to scare them into turning on him. When it's his turn to be hassled, Richie starts to think that Block, who gives the appearance of being greedy but basically honest, might have a darker side.

Gee, you think, Mr. Ivy League Hedge Fund Math Guy? Somebody who has to go overseas to run his business in another jurisdiction might be a bit shady? Somebody who owns a pond full of crocodiles might be kinda dangerous? Timberlake plays Richie as a little too smart for his stupidity about the true nature of Block to make much sense. He brings in some of his Princeton math nerds to help with the site's security at one point. They get caught up in the world of hot girls who actually talk to them and big wads of cash — their naivete we believe. Perhaps if Richie were more dorky — and Timberlake has gleefully played dorky before — we'd believe that he was more of an innocent when it came to big money being made in legally insecure places. But Riche's backstory includes not just Wall Street but a father who is a longtime gambler. He knows from tough businesses and dangerous people, we're told, right before the movie makes him a wide-eyed baby bunny of innocence with Block.

Meanwhile, Affleck seems to be having a blast talking fast and being the villain. He is the perfect mix of oily and charming — an obvious black hat but one you don't mind listening to for a while. It's not a subtle performance but it's one that offers the movie's only spark of excitement.

Affleck in particular demonstrates that the movie could have been a fun, cheap thrill instead of the lukewarm oatmeal of crime-movie clichés and half-baked characters that it is. **C-**

Rated R for language and some sexual content. Directed by Brad Furman and written by Brian Koppelman and David Levien, Runner Runner is an hour and 31 minutes long and is distributed by 20th Century Fox.

SCREENSHOT

Elementary

If Benedict Cumberbatch was your only Sherlock Holmes during the 2012-2013 TV season, I recommend checking in with another modern take on the classic detective in *Elementary*, which airs Thursdays at 10 p.m. on CBS.

Johnny Lee Miller, a "that guy" British actor who has appeared on *Dexter* and was the lead in the short-lived *Eli Stone*, plays Sherlock Holmes, recovering heroin addict who has moved to New York City. In the first episode last season, Joan Watson (Lucy Liu), a former surgeon, has been hired by his father to serve as his sober companion. Over the course of the season, she finds herself enjoying helping Holmes in his work as a consulting detective with the NYPD. When her companion gig is up, she stays on as a sort of Sherlock apprentice.

Elementary is a mostly fun, occasionally frothy procedural with Miller's quirky Holmes and his relationship with Watson serving as the true sparks that make the show stand out from the *NCIS/CSI* pack. Though all shows with a male-female crime-solving duo seem to eventually go the way of a romance, for now Watson and Holmes have a very nice, very non-romantic chemistry. They are work colleagues who seem to like each other in a very buddy kind of way not unlike the Robert Downey Jr./Jude Law version of Holmes and Watson. This is a lighter, less faithful modern update of the Holmes stories than the excellent *Sherlock* (starring the omnipresent Cumberbatch) from the BBC, but it is nonetheless a treat for fans of more playful procedurals.

The show's third episode of the second season airs Thursday, Oct. 10. (Once you get the basic concept — Sherlock helps the NYPD, Watson is a girl! — you can jump in anywhere.) The first two episodes are available via OnDemand and cbs.com. Find last season on iTunes or through Amazon.



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MOVIES OUTSIDE THE CINEPLEX

RED RIVER THEATRES

- *In a World ...* (R, 20113) on Thurs., Oct. 10, at 2:05 p.m.
- *Trials of Muhammad Ali* (NR, 2013) on Thurs., Oct. 10, at 2:10 & 7 p.m.
- *Interview with A Vampire* (R, 1994) Thurs., Oct. 10, at 7 p.m.
- *Salingier* (PG-13, 2013) on Fri., Oct. 11, at 2, 5 & 8 p.m.; Sat., Oct. 12, at 3, 5:45 & 8:15 p.m.; Sun., Oct. 13, at 2, 5 & 8 p.m.; Mon., Oct. 14, at 2:05, 5:25 & 7:50 p.m.; Tues., Oct. 15, at 2:05 & 6 p.m.; Wed., Oct. 16, at 2:05, 5:25 & 7:50 p.m.; & Thurs., Oct. 17, at 2:05 p.m.
- *Enough Said* (PG-13, 2013) on Thurs., Oct. 10, at 2, 5:40 & 8 p.m.; Fri., Oct. 11, at 1, 3:15, 5:40 & 8 p.m.; Sat., Oct. 12, at 1, 3:15, 5:40 & 8 p.m.; Sun., Oct. 13, at 1, 3:15, 5:40 & 8 p.m.; Mon., Oct. 14, at 2, 5:40 & 8 p.m.; Tues., Oct. 15, at 2, 5:40 & 8 p.m.; Wed., Oct. 16, at 2, 5:40 & 8 p.m.; & Thurs., Oct. 17, at 2, 5:40 & 8 p.m.
- *The Act of Killing* (NR, 2013) on Fri., Oct. 11, at 1:30 & 7 p.m.; Sat., Oct. 12, at 1:30 & 7 p.m.; Sun., Oct. 13, at 1:30 & 7 p.m.; Mon., Oct. 14, at 2:10 & 7 p.m.; Tues., Oct. 15, at 2:10 p.m.; Wed., Oct. 16, at 2:10 & 7 p.m.; & Thurs., Oct. 17, at 2:10 & 7 p.m.
- *Monty Python & The Holy Grail* (PG, 1975) on Sat., Oct. 12, at 11 a.m.
- *Grand Central Murder* (NR, 1942) on Sun., Oct. 13, at 4 p.m.
- *The Weight of the Nation* on Thurs., Oct. 24, 4-6 p.m.
- **2013 SNOB Film Festival** Nov. 7 through Nov. 10

WILTON TOWN HALL
40 Main St. in Wilton, 654-3456, wiltontownhalltheatre.com
• *Haute Cuisine* (PG-13, 2012) on Thurs., Oct. 10, at 7:30 p.m.
• *Populaire* (R, 2012) on Thurs., Oct. 10, at 7:30 p.m.
• *Short Term 12* (R, 2013) Fri., Oct. 11, through Thurs., Oct. 17, at 7:30 p.m. Additional screenings on Sun., Oct. 13, at 2 & 4:30 p.m.
• *The Butler* (PG-13, 2013) Fri., Oct. 11, through Thurs., Oct. 17, at 7:30 p.m. Additional screening on Sun., Oct. 13, at 2 p.m.
• *Coal Miner's Daughter* (PG, 1980) on Sat., Oct. 12, at 4:30

p.m.
• *The End of Suburbia* (NR, 2004) on Sun., Oct. 13, at 4:30 p.m.

CAPITOL CENTER FOR THE ARTS
44 S. Main St., Concord, 225-1111, ccanh.com
• *Macbeth* on Thurs., Oct. 17, at 6 p.m. National Theatre Live broadcast.

MANCHESTER CITY LIBRARY
405 Pine St., Manchester, 624-6550, manchester.lib.nh.us
• *The Journey of Natty Gann* (PG, 1985) Wed., Oct. 16, at 1 p.m.
• *Lincoln* (PG-13, 2013) Wed., Oct. 23, at 1 p.m.
• *Van Helsing* (PG-13, 2004) Wed., Oct. 30, at 1 p.m.

WEST BRANCH COMMUNITY LIBRARY
76 N. Main St., Manchester, 624-6560, manchester.lib.nh.us
• *The Croods* (G, 2013) on Fri., Oct. 11, at 3 p.m.
• *Star Trek Into Darkness* (PG-13, 2013) on Fri., Oct. 18, at 3 p.m.

BEDFORD PUBLIC LIBRARY
3 Meetinghouse Road, Bedford, 472-3023, bedfordonline.com, free movie at 2 p.m. on the third Sunday of the month, presented through Parks & Recreation
• *The Big Wheel* (1949) on Sun., Oct. 20, at 2 p.m.

NEW HAMPSHIRE TECHNOLOGY INSTITUTE
31 College Drive, Concord, 271-6484, ext. 4101
• *The Third Man* (1949) on Fri., Oct. 18, at 7 p.m.

FOX RUN STADIUM 15
45 Gosling Road, Newington
• *Def Leppard Viva! Hysteria Concert* on Tues., Oct. 8, at 8 p.m.
• *Merrily We Roll Along* on Wed., Oct. 23, at 7 p.m.

CONCORD PUBLIC LIBRARY
45 Green St., Concord, 230-3682, onconcord.com/library

• **Movie Night** on Thurs., Oct. 17, at 6:30 p.m.

NASHUA PUBLIC LIBRARY
NPL Theater, 2 Court St., Nashua, 589-4600, nashualibrary.org. Call 589-4646 for a movie schedule. Seating is limited. Food and drink are not permitted.
• *Oz, the Great and Powerful* (PG, 2013) on Sat., Oct. 12, at 2 p.m.
• *What Maisie Knew* (R, 2012) on Tues., Oct. 15, at 7 p.m.
• *Epic* (PG, 2013) on Sat., Oct. 19, at 2 p.m.
• *We Steal Secrets: The Story of Wikileaks* (R, 2013) on Tues., Oct. 22, at 7 p.m.
• *Hocus Pocus* (PG, 1993) on Sat., Oct. 26, at 2 p.m.

KELLEY LIBRARY
234 Main St., Salem, 898-7064, kelleylibrary.org, features a movie night the first Thursday of the month at 6:30 p.m.
• *A Beautiful Mind* (PG-13, 2001) on Fri., Oct. 11, at 6:30 p.m.

PETERBOROUGH PLAYERS THEATER
55 Hadley Road, Peterborough, 924-9344, showings of The MET: Live in HD, National Theatre Live
• *The Audience* with Helen Mirren on Sun., Oct. 13, at 7 p.m.
• Shostakovich's *The Nose* on Sat., Oct. 26, at 1 p.m.

THE MUSIC HALL
28 Chestnut St., Portsmouth, 436-2400, themusichall.org, Some films are screened at Music Hall Loft, 131 Congress St..
• *Austenland* (PG-13, 2013) on Thurs., Oct. 10, at 7 p.m.; Fri., Oct. 11, at 7 p.m.; Sat., Oct. 12, at 7 p.m.; Sun., Oct. 13, at 3 p.m.; Tues., Oct. 15, at 7 p.m.; & Wed., Oct. 16, at 7 p.m.
• **NH Film Festival** Thurs., Oct. 17, through Sun., Oct. 20, nhfilmfestival.com
• *Cutie and the Boxer* (R, 2013), documentary, on Tues., Oct. 22, at 7 p.m., & Wed., Oct. 23, at 7 p.m.
• *The Cabinet of Dr. Caligari* on Thurs., Oct. 24, at 8 p.m.

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Nite Roundup

By Michael Witthaus

mwitthaus@hippopress.com

• **Friendship:** Local performers, including **Ghost Dinner Band**, Diamond Joe and Captain Chet, gather to remember a friend who died in 2010. The event includes a rare guest tap of Flying Goose Mikey Vyce Black IPA — the New London pub's brewmaster named the beer after his close friend. Vyce's wife, Traci McLean, will sing a few songs to open the evening. Attend the 4th Annual Mikey Vyce Anti-Hoot on Thursday, Oct. 10, at 8 p.m. at Penuche's Ale House, 6 Pleasant St., Concord. See <http://on.fb.me/1ghJ3cr>.

• **Vocalizer:** In what's promised as his last club appearance for a while, **Josh Logan** performs a 90-minute set in downtown Manchester to help open the Drynk Haunted House. As most locals know, Logan is having a lot of success on *The Voice*; the nationally televised singing contest is giving his career quite the boost, and it should be fun to cheer him on in person. See Josh Logan on Friday, Oct. 11, at 8:30 p.m. at Drynk, 20 Old Granite St., Manchester. See joshloganonline.com.

• **Progressive:** Speaking of TV talent shows, *American Idol* 2007 runner-up Leslie Hunt fronts **District 97** at an intimate club date featuring drummer/vocalist **John Wetton** and music from his former group King Crimson. Wetton first joined the District 97 as a vocalist on a track from 2012's *Trouble with Machines*. See District 97 featuring John Wetton & the Music of King Crimson on Saturday, Oct. 12, at 8 p.m. at Cara Chameleon Club, 11 Fourth St., Dover. Tickets are \$25 at brownpapertickets.com.

• **Fab:** A Beatles tribute band that focuses on early music from the Fab Four performs at a Brit-centric Seacoast microbrew pub. **Studio Two** performs at an event dubbed Lennon Fest — John would have turned 73 on Oct. 9. Bring non-perishable items with proceeds to benefit the local food pantry. The family-friendly event includes prizes for the best '60s costume. Attend Lennon Fest on Sunday, Oct. 13, at 1 p.m. at British Beer Co., 103 Hanover St., Portsmouth. See britishbeer.com.

• **Swinging:** Admission to an after-dinner dance is free, but a donation to the scholarship fund of headliners **Freese Brothers Big Band** is requested. Together over three decades, the community group is a diverse mix of old and young musicians, including local high school students; the Freese family has performing roots dating back to the 1930s. See Freese Brothers Big Band Tuesday, Oct. 15, at 7:30 p.m. at Henry J. Sweeney American Legion Post 2, 251 Maple St., Manchester. Call 623-8960.

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NITE Rocky Mountain Way

Co-founder keeps Firefall burning

By Michael Witthaus

mwitthaus@hippopress.com

There's a lot of "right place, right time" in Jock Bartley's history. The Firefall guitarist's first big break came when Gram Parsons debuted a touring band in Boulder, Colo., where Bartley lived. When Parsons decided his new guitar player lacked country rock chops, he found Bartley through the grapevine.

It was the early 1970s, and many superstars had left L.A. for the Rocky Mountains above Boulder.

"Stephen Stills, Chris Hillman, Joe Walsh ... all these people moved to my town," Bartley recalled in a recent phone interview. "When Firefall was starting ... Stephen would sit in [on some gigs], or someone would say, 'Hey, Dan Fogelberg is here and wants to play.' It was an amazing time, and short-lived."

When Hillman left Souther, Hillman & Furay, he asked Bartley and Firefall co-founder Rick Roberts to back him on the road. When he got hepatitis midway

through a New York City run, the rest of Firefall stepped in to complete the final shows. Two Atlantic Records A&R men saw the band's act and signed them on the spot.

More serendipity followed when Firefall made its first album at Miami's Criteria Studios. As Bartley prepared to play the

upbeat "Mexico" — "which I knew was going to be my big moment to shine as a guitar player" — a rock legend and his stylistic inspiration was recording just down the hall.

Bartley nailed the song in one take but wanted to improve on his solo — it was the first time he'd played it with horns. The



Firefall. Courtesy photo.

Get stoned

Roots of Creation throw a party in Newmarket

By Michael Witthaus

mwitthaus@hippopress.com

Roots of Creation — the trio of Brett Wilson, Tal Pearson and Mike Chadinha

— parlayed a pair of regional music prizes into a busy summer this year. After the New England Music Awards named it the Best New Hampshire Band and a Vermont magazine bestowed Best NH/VT

Jam Band honors, the reggae-fied funksters hit the road with a full dance card.

"We have been playing a ton of festivals," front man Wilson said recently — the band had just completed three events in three states over three days.

Wilson added that being the father of a toddler hasn't slowed him down.

"My daughter came to a bunch of shows; she can be outside with my wife and front and center at family-friendly events."

A sitter is more likely for the upcoming Stone Church Meeting House show celebrating the release of *Live At Bella Terra Festival 2011*. The DVD/CD combo includes bonus footage from a sold-out St. Patrick's Day 2012 gig at Stone Church. Joining RoC are horn players from All Good :: Feel Good Collective, frequent guests at their shows. Strange Machines, with new keyboard player Christian Peron (Duty Free), opens the show.

It's really a two-day engagement at the Newmarket venue, Wilson said with a chuckle.

"My friend Dan Miller is coming back from Oregon and getting married at the Stone Church; our band is going to play the reception ... we're excited not to



Brett Wilson. Courtesy photo.

Firewall

Where: Palace Theatre, 80 Hanover St. in Manchester

When: Friday, Oct. 11, at 7:30 p.m.

Tickets: \$29.50, \$39.50 and \$54.50 (VIP) at palacetheatre.org

producer firmly declined and waved him to the control room.

"I kind of storm in, wondering why I can't have 30 more seconds ... open the door, and there's my hero Eric Clapton who'd been sitting there watching me play a one-take guitar solo. Oh my God. After he left, I wouldn't have been able to pick up a guitar at all."

Of course, if you ask a music fan about Firewall's eponymous debut, they'll remember the Top 10 smash "You Are The Woman," not Claptonesque guitar work. The soft rock classic made the band's career, and its success was something no one expected.

"We never even played it live before going into the studio," said Bartley. "Of course the label wanted 10 more just like it after it hit."

Through the rest of the decade Firewall straddled AOR and AM radio. "Strange Way" and "Just Remember I Love You" made the Top 20, and "Cinderella" did well despite the ire of feminist groups angry at the song's lyrics. The group opened for

Fleetwood Mac in their *Rumours* heyday and toured with Leon Russell (back then, a stadium headliner), the Doobie Brothers and The Band — on the tour preceding their final *Last Waltz* show.

This frenetic pace eventually burned them out; the original lineup made a final album, *Undertow*, in 1980. The record suffered from some bizarre studio skull-duggery. After it was completed, Firewall's new manager added female singer Lisa Nemzo to a track set to be the first single.

"They called us and said, 'We thought it needed something.' We were like, 'what?' They forced her voice onto the song," Bartley said.

Then the ad hoc ensemble was booked on *American Bandstand*.

"Literally on that afternoon, we met Lisa in the dressing room for the very first time. A half hour later we're doing 'Staying With It' on national television," said Bartley. "It's one of the weirdest things I've ever been through, and not all good. Rick didn't know how to act with the woman ... at the end they were doing the bump on stage. It was terrible."

By 1981, Bartley was the last man standing in Firewall; he decided to move on with the band's name.

"The reason I have kept it going," he said, "is that the songs are so damn good — and they sound great today." 🍷

move anything."

Following that blessed event, RoC will turn its attention to making a new album in Wilson's new home studio, built in a converted barn.

"I think we're going to launch one of those crowd-funded campaigns — Pledge-Music is really cool," said Wilson. "We'll go full force on that and spend the winter making the best record we possibly can."

Wilson continues to play out as a solo artist. His Tuesday residency at Manchester's Shaskeen Pub was just extended, and upcoming shows include J's Tavern in Milford (Oct. 23), Red Blazer in Concord (Oct. 20) and Castaways in Seabrook (Oct. 11).

At a recent Sunday "reggae night" at Social 24 in Manchester, a Jamaican named Mikey, who'd been in the States for barely a month, surprised him.

"He was, like, singing in the audience and then all of a sudden he just popped up on stage and started going crazy," recalled Wilson. "He was singing dancehall with me ... and he was good! It wasn't like 'Get this guy off' — it was 'Keep this guy up here!' He was like a cross between Peter Tosh and like King Yellowman."

A full Roots of Creation show at the Shaskeen in November or December is a possibility.

"We only play in Manchester once a year, and I really like the original thing

Roots of Creation with Strange Machines

When: Saturday, Oct. 12, at 9 p.m.

Where: Stone Church Meeting House, 5 Granite St. in Newmarket

Tickets: \$9.99 at stonechurchrocks.com

Visit: facebook.com/rootsofcreation

that's going on there," he said.

Songs from the album in progress are trickling out. "Uplift With People" debuted at August's Uplift Festival in Peterborough. Since it's named after an event they created and curated, the band felt duty bound to play the song. The festival raised a lot of money for the Cornucopia Project.

"It's all about educating people on how to grow their own food, teaching kids to garden instead of going to the store," said Wilson.

At this point, culling all the material for the new album is the biggest challenge.

"We have about 15 songs that could go on the record and then an entire instrumental record that we could put out too," said Wilson. "We have some stuff from famous and semi-famous Jamaican artists that we haven't put, too. So basically we're sitting on all this music and we have to finish all this stuff and put it out. We're backlogged." 🍷

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Funk and family

Steve and John Kimock team with funk legend

By Cory Francer
cfrancer@hippopress.com

“Hey, so, you know my dad plays guitar?”

It was a simple question, but one that led to a collaboration between a funk pioneer, considered to be one of the most innovative keyboard players of all time, and one of the most well-respected guitarists in the rock world.

Bernie Worrell sat behind the keys during the height of Parliament Funkadelic’s historic career and was in the midst of a jam session with drummer John Kimock when Kimock asked Worrell the game-changing question about his father, Steve Kimock.

The elder Kimock’s resume includes lead guitar work with San Francisco jam band Zero, the Steve Kimock Band and with Grateful Dead members in The Other Ones, The Rhythm Devils, The Heart of Gold Band, Ratdog and Phil Lesh and Friends.

Worrell ended up visiting the Kimocks at their home, and after a couple jam sessions with the father-and-son duo, the group decided to take the show on the road. The group, including Ron Johnson on bass, will visit New Hampshire with a stop at the Tupelo Music Hall in Londonderry on Friday, Oct. 11.

Steve Kimock said playing with the funk legend has been a refreshing project because of Worrell’s versatility and ability to keep things light on stage. Both musicians come from an improvisational background, and

The Steve Kimock Band with Bernie Worrell

When: Friday, Oct. 11, at 8 p.m.

Where: Tupelo Music Hall, 2 Young Road, Londonderry

Tickets: \$30

Contact: Call 437-5100 or visit tupelohall.com. Visit kimock.com and bernieworrell.com.



Steve Kimock will play in Londonderry on Friday, Oct. 11. Courtesy photo.

Kimock said that even after multiple tours together, every show is unique.

“It’s just a neat musical relationship,” Kimock said. “He’s very good natured and playful. When you get a cat with Bernie’s depth of experience and attitude, you can go anywhere.”

Though they come from different musical backgrounds, Worrell said he has been impressed with Kimock’s ability to play just about any style of music and jam on it. Worrell said the band has been known to cover some P-Funk tunes and will play the occasional Talking Heads cover, a nod to Worrell’s time in the new-wave band.

Worrell said one of the most important talents a musician can bring to the stage is the ability to listen to the other instruments. He said both Kimocks are great listeners, and the music flows like a conversation.

“A lot of people play for themselves, but I’m a team player,” Worrell said. “My monitor is set up so I have everything in my monitor. I hear it and I play accordingly. There’s a time to step up and a time to lay back.”

For Steve Kimock, the opportunity to collaborate with Worrell and his son has been a joy. John Kimock was just 3 years old when he started going on tour with his dad. Steve Kimock said he never forced music on his son but is invigorated by his talent and enthusiasm for the drums.

“I must have been really good in a past life to deserve that,” Kimock said. “For two reasons — to have my first-born to be so into music, and to develop into the musician John is, is extraordinary. I’m totally 100 percent in love with the guy and his playing. If he was just some guy playing the drums, I would say, ‘I want that guy.’”

Despite the differing backgrounds, Kimock said, developing a rapport with Worrell was seamless. While all the band members are well respected for their talent, there are no ego problems and the band members are friends first and foremost.

“There’s a lot of shared influence between the two of us,” Kimock said. “I just adore the guy straight up as a person. ... We love playing together, and I love his harmonic sense and melodic sense.”

Nightlife Music, Comedy & Parties

• **DISTRICT 97 FEATURING JOHN WETTON** will perform at Cara Irish Pub (11 Fourth St., Dover) Sat., Oct. 12, at 7 p.m. Tickets are \$25. Visit brownpapertickets.com/event/470722.

• **TUCKERMANS AT 9** will perform at the Scenic Theatre (6 Depot St., Pittsfield) Sat., Oct. 12, at 7:30 p.m. The a capella performance will benefit the theater. Admission is \$10 at the door or by phone at 435-

8852. Visit tuckermansat9.com.

• **HAUNTED HOUSE PARTY** at Drynk (20 Old Granite St., Manchester) Sun., Oct. 13, at 7 p.m. This is an under 21 event. Tickets are \$5 in advance and \$10 at the door. Visit drynknh.com.

• **UNH JAZZ BANDS DAVE SEILER DIRECTING** at the Paul Creative Arts Center (30 Academic Way, Durham) Mon., Oct. 14, at 8 p.m. Admission is free.

• **THE GRAND SLAMBOVIANS** will perform at the

Peterborough Players Theater (55 Hadley Road, Peterborough) Fri., Oct. 18, at 8 p.m. Tickets cost \$20 and are \$23 on the day of the show. Call 924-7585 or visit peterboroughplayers.org. Visit slambovia.com.

• **THE DIAMONDS** will perform at the Elm Street Middle School (117 Elm St., Nashua) Fri., Oct. 18, at 8 p.m. Tickets are \$25. Call 888-9158, 318-1792 or visit cityartsnashua.org or nashuacommunityconcerts.org.

• **HALLOWEEN COSTUME DANCE** at Ameri-

can Legion Post 51 (Route 125 & Elm Street, Epping) Sat., Oct. 19, 8 p.m.-midnight. This Old Band will perform and there will be prizes awarded for the best costumes. Call 679-8320.

• **WITCHES COSTUME BALL** at the Holiday Inn (9 Northeastern Blvd., Nashua) Sat., Oct. 19, 7 p.m.-midnight. Hosted by Ancient Moon and Dare to Imagine, the event will feature dancing, music, a cash bar, readings, raffles and more. Call 718-1162 or visit ancientmoonsite.com.

• **AMY REGAN** will perform at Jeca Yoga (55 S. Commercial St., Manchester) Fri., Oct. 25, at 7 p.m. The performance is part of Regan’s yoga studio concert series. Cost is \$15 in advance and \$20 at the door. Visit jecayoga.com/events.

• **BILL PAYNE WITH TRUFFLE** at the Rochester Opera House (31 Wakefield St., Rochester) Thurs., Oct. 31, at 8 p.m. Truffle will be joined on keyboards by Bill Payne of Little Feat. Tickets are \$23. 335-1992 or rochesteroperahouse.com.



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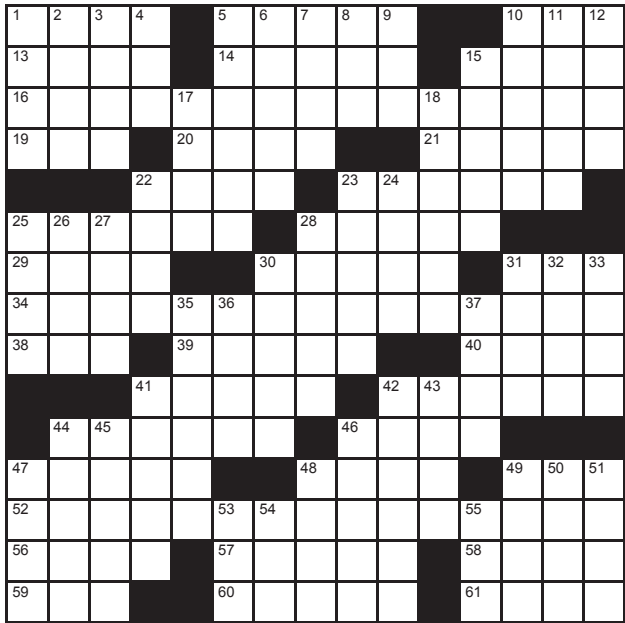
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Across

1. ‘ ___ Wolf’ Grateful Dead
5. ‘Beyond The Sea’ Bobby
10. What band hits when almost signed?
13. Electronic drum break
14. Berklee grads
15. Rockers Violet ___
16. Led Zep ‘ ___ Mine’ (7,5,3)
19. Pearl Jam ‘Elderly Woman Behind The Counter ___ Small Town’ (2,1)
20. Up On The ___
21. David Lee Roth “ ___ ___ got nobody!”(1,4)
22. Stones ‘Goats Head ___’
23. Scorpions ‘Still ___ You’
25. Irish band of screenwriters?
28. ‘82 Van Halen album ‘ ___ Down’



29. Stones “Any minute, any ___ I’m waiting on a call from you”
30. ‘You’re The Only One’ R&B guy Eric
31. ‘Cut The Cake’ funksters (abbr)
34. ‘83 Stones hit ‘ ___ Night’ (10,2,3)
38. ‘State Of Shock’ Nugent
39. Live music venue in Dayton, OH
40. Helloween’s words of confidence? (1,3)
41. Hip hoppers A ___ Called Quest
42. J Geils ‘Give ___’ (2,2,2)
44. Tired ‘Margarita’ singer Brown?
46. Ramones ‘Life’s ___’ (1,3)
47. Australian band Boom Crash ___
48. New Edition ‘If It ___ Love’
49. Neil Diamond ‘ ___...I Said’ (1,2)
52. Carly Simon ‘That’s The Way I’ve Always ___’ (5,2,6,2)
56. Where the Village People were

- sent off to?
57. Everclear song about disser?
58. Stones ‘I’m dirty as ___’ (1,3)
59. Northwestern Black ‘N Blue home state, for short
60. Love a rocker to pieces
61. ELO & KT Oslin songs w/same title (2,2)

Down

1. Fictional RHCP girl
2. System Of A Down ‘This Cocaine Makes Me Feel Like ___ This Song’ (2,2)
3. Country’s McEntire
4. ‘More Music For Films’ Brian
5. Sinatra ‘Day In- ___’ (3,3)
6. Kiddie-singer Peter
7. Hip hop label ___ Ryders
8. Stones ‘ ___ King Bee’ (2,1)
9. ‘66 Cream hit
10. ‘Tear It Up’ Trower
11. Sting ‘ ___ My Head’ (1,4)
12. ‘One Of The Boys’ ___ The Hoople
15. Dive-bar might have one as a stage
17. Maytals ‘Pressure ___’
18. PassionPit ‘ ___ Tell The Tale’ (4,2)
22. Popular label
23. ‘04 Sugarcult album ‘Palm Trees And Power ___’
24. Stones ‘It’s All ___ Now’
25. MxPx ‘ ___ It Down’

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Belmont The Lodge at Belmont Route 106, 877-872-2501 Top of the Town 88 Ladd Hill Rd, 528-3244 El Jimador Mexican Restaurant 171 DW Hwy, 527-8122	Derry Adams Opera House 29 W. Broadway Coffee Factory 55 Crystal Ave., 432-6006 Halligan Tavern 32 W. Broadway, 965-3490 Steve-N-James Tavern 187 Rockingham, 434-0600	Dunbarton Spireside Coffee House 6 Stark Highway North	Epping American Legion 232 Calef Hwy. (Rt. 125) Holy Grail Food & Spirits 64 Main St., 679-9559	Exeter First Friday Coffeehouse at FUUSE 12-14 Elm St., 772-4002 Shooters Pub 10 Columbus Ave., 772-3856	Franklin Artemis Event Center 20 Canal St., 934-2000	Hooksett Asian Breeze 1328 Hooksett Road, 621-9298 New England's Taphouse Grille 1292 Hooksett Rd., 782-5137	Pitman's Freight Room 94 New Salem St., 527-0043 The Jazz Bar 290 Lakeside Ave., 366-9100 Tower Hill Tavern 264 Lakeside Ave., 366-9100 Weirs Beach Lobster Pound 72 Endicott St., 366-2255 Weirs Beach Smokehouse Rt 3 Laconia, 366-2400	City Sports Grille 216 Maple St., 625-9656 Club 313 93 S. Maple St., 628-6813	Penuche's 96 Hanover St., 626-9830 Piccola's Upstairs Lounge 815 Elm St. Raxx Lounge 1195 Elm St. Rocko's Bar & Grill 253 Wilson St., 626-5866 Salona Bar & Grill 128 Maple St., 624-4020 Sam Adams Bar & Grill Northeast Delta Dental Stadium, 1 Line Drive., 641-2005 The Shaskeen 909 Elm St., 625-0246 Sizzle Bistro 1 Highlander Way, 232-3344 Social 24 24 Depot St., 782-8489 Starbucks 1111 S. Willow St., 641-4839 Strange Brew Tavern 88 Market St., 666-4292 Theos 102 Elm St., 669-4678 Unwine'd 865 Second St., 625-9463 The Wild Rover 21 Kosciuszko St., 669-7722 Workmen's Club 183 Douglas St. XO on Elm 827 Elm St., 206-5721 The Yard 1211 S. Mammoth Road, 623-3545
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<p>Peterborough Harlow's Pub: The Van Burens</p> <p>Portsmouth Blue Mermaid: James McGarvey</p> <p>Dolphin Striker: Amorphous Band</p> <p>Gas Light Co.: Pat Foley Band, DJ Koko P, Don Severance, Dustin Ladale</p> <p>Hilton Garden Inn: Lex and Joe</p> <p>Press Room: Gretchen & The Pickpockets</p> <p>Red Door: Lisa/Liza</p> <p>Ri Ra: The Complaints</p> <p>Rudi's: Chris Klaxton & Guest</p> <p>Thirsty Moose: Fighting Friday</p>	<p>Seabrook Chop Shop Pub: The Lesser Gods</p> <p>Sunapee Sunapee Coffee House: The Twangtown Par-amours</p> <p>Saturday, Oct. 12 Bristol Back Room at the Mill: The Bel Airts</p> <p>Concord Hermanos: The Swunk Brothers</p> <p>Loudon Road Restaurant & Pit Road Lounge: Close Range</p> <p>Purple Pit: Charlie Farren</p> <p>Red Blazer: Red Sky</p>	<p>Mary</p> <p>True Brew Barista: Rippen E Brakes</p> <p>Dover Cara Irish Pub: District 97</p> <p>Brick House: Grizzled, Hate Ashley, Sacrichrist, Unrest in Transit</p> <p>Fury's: Blacklight</p> <p>Ruckus</p> <p>Kelley's Row: Driving Force</p> <p>Epsom Circle 9 Ranch: Karen Morgan & Pony Express</p> <p>Epping Holy Grail Food & Spirits: Sireteau</p>	<p>Gilford Patrick's Pub: Sev & Mica</p> <p>Goffstown Village Trestle: Wilson & Clark</p> <p>Hampstead Route 111 Village Square Restaurant: Uncle Betty</p> <p>Hooksett New England's Tap House Grille: Sidecar</p> <p>Londonderry Coach Stop: Paul Luff</p> <p>Whippersnappers: Best Not Broken</p>
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NITE MUSIC THIS WEEK



TEXAS BLUES

Get down to some Texas blues with Jeff Pitchell and Texas Flood at the Tupelo Music Hall (2 Young Road, Londonderry) on Saturday, Oct. 12, at 8 p.m. The band will be joined by special guest Johnny A on guitar. Tickets are \$35. Call 437-5100 or visit tupelohalllondonderry.com.

Sunday, Oct. 13

Concord

Hermanos: State Street Combo
Makris: Alan Roux Band, Dave Berry Band & Special Guests

Dover

Brick House: Jim Dozet Trio, DJ Erich Kruger

Hampton

Wally's Pub: Rob Benton

Manchester

Milly's Tavern: Elyse & The Fine Young Gents, 10 O'Clock Drive, Yeehaw Jihad, Mentol, OneMike
Strange Brew: HR

Portsmouth

Dolphin Striker: Mica/Sev Project
Press Room: Tim Ray and the Press Room Trio
Rudi's: Jim Dozet

Monday, Oct. 14

Concord

Hermanos: State Street Combo

Manchester

Fratello's: Rob Wolfe

Meredith

Giuseppe's: Lou Porrazzo

Merrimack

The Homestead: Charlie Christos

Portsmouth

Blue Mermaid: Todo Bien
Dolphin Striker: Conniption Fits, DJ Koko P, Tony Santesse, Chris Lester
Hilton Garden Inn: Joel Cage
Press Room: Dr. Grasp
Ri Ra: Beantown Project
Rudi's: Mike Effenberger
Thirsty Moose: Shut Down Brown Band

Tuesday, Oct. 15

Concord

Hermanos: Joe Gattuso

Dover

Fury's: Tim Theriault and Friends

Londonderry

Whippersnappers: VJ Mark

Manchester

Fratello's: Gary Lopez
Milly's Tavern: Manchuka
Raxx Lounge: DJ Mike
Shaskeen: Tom Deniston
Strange Brew: Peter Parcek

Meredith

Giuseppe's: Michael Bourgeois

Merrimack

The Homestead: Paul Luff

Portsmouth

Dolphin Striker: Dan Walker

Wednesday, Oct. 16

Concord

Hermanos: Draa Hobbs

Dover

Cara Irish Pub: Sean Og of Erin's Guild
Fury's: All Good::Feel Good Collective
Kelley's Row: Chris Lester & Friends

Gilford

Patrick's Pub: Paul Warnick

Manchester

Fratello's: Paul Luff
Strange Brew: Lex & Joe

Meredith

Giuseppe's: Justin Jaymes

Merrimack

The Homestead: Brian Gray

Milford

Clark's Tavern: Lisa Guyer
J's Tavern: Eric Neilson

Nashua

Killarney's: Kieran McNally

Portsmouth

Dolphin Striker: Tom Yoder
Press Room: John Sinclair, MMF
Rudi's: Dimitri
Thirsty Moose: The Well Informed

COMEDY THIS WEEK AND BEYOND

Thursday, Oct. 10 Londonderry

Tupelo: Robbie Printz, Christine Hurley, Rick Canavan

Friday, Oct. 11 Manchester

Headliners: Jimmie JJ Walker

Saturday, Oct. 12 Manchester

Headliners: Robbie Printz
Palace Theatre: Frank Santos, Jr.

Saturday, Oct. 19 Manchester

Headliners: Dan Crohn
Palace Theatre: Justin McKinney

NITE CONCERTS

Capitol Center for the Performing Arts 44 S. Main St., Concord, 225-1111, ccanh.com
The Colonial Theatre 95 Main St., Keene, 352-2033, thecolonial.org
Dana Humanities Center at Saint Anselm College 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana
The Flying Monkey 39 S. Main St., Plymouth, 536-2551, flyingmonkeynh.com
Hampton Beach Casino Ballroom 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com
Leddy Center 38c Ladd's Lane, Epping, 679-2781, leddycenter.org
Lowell Boarding House Park 40 French St., Lowell, Mass.,

www.lowellsummermusic.org
Lowell Memorial Auditorium East Merrimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com
Meadowbrook U.S. Cellular Pavilion 72 Meadowbrook Lane, Gilford, 293-4700, meadowbrook.net
The Middle Arts & Entertainment Center 316 Central St., Franklin, 934-1901, themiddleh.org
The Music Hall 28 Chestnut St., Portsmouth, 436-2400, themusichall.org
The Old Meeting House, 1 New Boston Road, Francetown
Palace Theatre, 80 Hanover St., Manchester, 668-5588, palacetheatre.org

Prescott Park Arts Festival 105 Marcy St., Portsmouth, www.prescottpark.org, 436-2848
Rochester Opera House 31 Wakefield St., Rochester, 335-1992, rochesteroperahouse.com
Stockbridge Theatre Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com
Tupelo Music Hall 2 Young Road, Londonderry, 437-5100, tupelohall.com
Verizon Wireless Arena 555 Elm St., Manchester, 644-5000, www.verizonwirelessarena.com
Whittemore Center Arena, UNH 128 Main St., Durham, 862-4000, whitcenter.com

SEE DIRTY TRICKS

Local blues, swing and soul quartet Mr. Nick and the Dirty Tricks has been gaining notoriety throughout New England with its vintage sound. The band will take the stage at the Strange Brew Tavern (88 Market St., Manchester) Sat., Oct. 12, at 9 p.m. Call 666-4292 or visit strangebrewtavern.net. Visit thedirtytricks.com.



• **Colin Hay** Thurs., Oct. 10, at 8 p.m., Stockbridge Theatre
 • **Steve Kimock** Fri., Oct. 11, at 8 p.m., Tupelo
 • **Voices of the (603)** Fri., Oct. 11, at 7 p.m., Cap Center
 • **Jefferson Starship** Fri., Oct. 11, at 7:30 p.m., Flying Monkey
 • **Jeff Pitchell and Texas Flood** Sat., Oct. 12, at 8 p.m., Tupelo
 • **John Mayall** Sun., Oct. 13, at 7 p.m., Tupelo
 • **Melanie** Fri., Oct. 18, at 8 p.m., Tupelo
 • **Max Creek** Fri., Oct. 18, at 7:30 p.m., Flying Monkey
 • **Stayin' Alive: One Night of the Bee Gees** Fri., Oct. 18, at 7:30 p.m., Palace Theatre
 • **Candy Kane** Sat., Oct. 19, at

8 p.m., Tupelo
 • **David Lockwood** Sat., Oct. 19, at 7:30 p.m., Flying Monkey
 • **Adrian Legg** Thurs., Oct. 24, at 8 p.m., Tupelo
 • **Paul Thorn Band** Fri., Oct. 25, at 8 p.m., Tupelo
 • **Rani Arbo & Daisy Mayhem** Fri., Oct. 25, at 7:30 p.m., Franklin Opera House
 • **Jon Butcher** Sat., Oct. 26, at 8 p.m., Tupelo
 • **Richard Marx** Sat., Oct. 26, at 7:30 p.m., Palace Theatre
 • **The Tubes** Thurs., Oct. 31, at 8 p.m., Tupelo
 • **Bullet for my Valentine** Fri., Nov. 1, at 6:30 p.m., Casino Ballroom
 • **Lori McKenna** Fri., Nov. 1, at 8 p.m., Tupelo
 • **Gregg Allman** Sat., Nov. 2, at 8 p.m., Colonial Theatre
 • **Cheryl Wheeler and John**

Gorka Sat., Nov. 2, at 7:30 p.m., Flying Monkey
 • **Dada** Sun., Nov. 3, at 7 p.m., Tupelo
 • **Arlo Guthrie** Thurs., Nov. 7, at 7:30 p.m., Flying Monkey
 • **Liz Longley** Fri., Nov. 8, at 8 p.m., Tupelo
 • **World Blues featuring Taj Mahal Trio** Fri., Nov. 8, at 8 p.m., Colonial Theatre
 • **Martin Sexton** Fri., Nov. 8, at 8 p.m., Cap Center
 • **Jandee Lee Porter** Sat., Nov. 9, at 7:30 p.m., Franklin Opera House
 • **Dirty Deeds** Sat., Nov. 9, at 8 p.m., Rochester Opera House
 • **Andy McKee** Sun., Nov. 10, at 7 p.m., Tupelo
 • **ABBA Mania** Sun., Nov. 10, at 7:30 p.m., Cap Center
 • **Denny Laine** Wed., Nov. 13, at 7:30 p.m., Cap Center

ZOMBIE NIGHT

Thurkills Vision, a Lowell-based band, will bring its blend of hard rock and metal to the Shaskeen (909 Elm St., Manchester) Friday, Oct. 18, at 8:30 p.m. Audience members are encouraged to dress like a zombie. Prizes will be awarded for the best costume. Admission is \$8 for zombies and \$10 without a costume. Call 625-0246 or visit shaskeenpub.com. Visit thurkillsvision.com.



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SIGNS OF LIFE

All quotes are from *Favre: For the Record* by Brett Favre, born Oct. 10, 1969.

Libra (Sept. 23 – Oct. 22) *Green Bay is a small town. The community owns the team. We play outside, on grass, in the cold, the rain, the snow, whatever. It's real football, the way the game was meant to be played. Whatever your game is, play it as it was meant to be played.*

Scorpio (Oct. 23 – Nov. 21) *Until I got drafted I didn't even know where Wisconsin was. I knew it was in the Midwest someplace, but if you had given me a map of the United States without the states labeled, I couldn't have pointed it out. I definitely know where Green Bay is now. You might want to study up on your geography.*

Sagittarius (Nov. 22 – Dec. 21) *There are so many people I run into around the country that tell me they're Packers fans. The country group Little Texas, Darius, the lead singer for Hootie and the Blowfish, comedian David Spade, they've all told me they love the Pack. Ask yourself: If it's good enough for Hootie, isn't it good enough for you?*

Capricorn (Dec. 22 – Jan. 19) *I don't like New York. I don't like L.A. Nothing against them personally; it's just that they're too much for me. Spend time where you're comfortable.*

Aquarius (Jan. 20 – Feb. 18) *In Wisconsin, people eat brats. Where I'm from we eat crawfish. But that's just surface stuff. It's a good time to share traditions with others. Also it's a good time for bratwurst.*

Pisces (Feb. 19 – March 20) *At the house before the game I'm just the Brett my family and friends know, goofing off and having fun. But when I get into the parking lot before the game, it seems like I'm*

a totally different person. You will need to focus hard on a job—save the goofing off for later.

Aries (March 21 – April 19) *Some days after practice, I like to sneak into the hot tub and kick back. That's when I'll cut loose with a song or two. I've always wanted to be a singer. A country singer. Whatever. Just to sing. Do what you love.*

Taurus (April 20 – May 20) *I'm at team headquarters in time for an 8:30 quarterback meeting I hate this meeting. It's boring as hell, but I have to admit it's really helpful. A meeting will be more helpful than you expected.*

Gemini (May 21 – June 20) *It was funny how when I arrived in New Orleans for the Super Bowl, writers would come up to me and say, "I can't believe what you did. That was amazing." Well, it wasn't to me. I knew we could do it all along. Stay confident.*

Cancer (June 21 – July 22) *So I study 120 plays and run maybe half that many. ... We probably have 1,000 plays in our playbook. If I was quizzed, I could diagram about 900. Be prepared. Do not neglect your homework. There will be a quiz.*

Leo (July 23 – Aug. 22) *Back then, mostly all anyone did was doubt me and write negative stuff. Can Brett Favre come back from drugs and carry his team? Can he prove that the Most Valuable Player award he won in '95 wasn't a fluke? You did the dishes once and that was great, but do them again or it's just a fluke.*

Virgo (Aug. 23 – Sept. 22) *I got to the Superdome almost three hours before kickoff, which was an hour earlier than we usually get to the stadium. It felt strange having so much time to kill. Actually it sucked. Plan your time well or boredom will set in.*

NITE SUDOKU

Conceptis Sudoku

By Dave Green

		6		7		4		
	5						7	
2		1	9			3		5
						8		
5				9				2
		4						
3		8			4	7		6
	4						8	
		9		6		1		

SU DO KU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Last week's puzzle answers are below

10/3

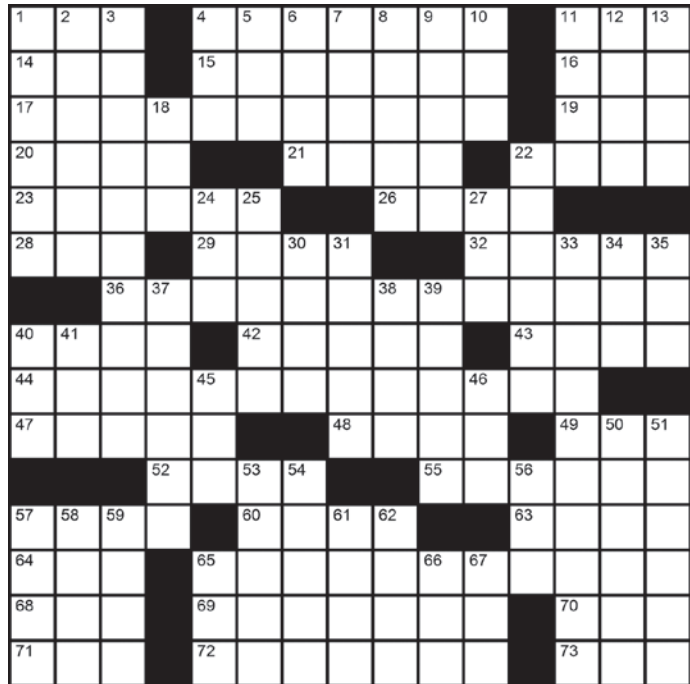
4	8	9	2	6	7	5	3	1
7	6	3	1	5	9	2	8	4
1	2	5	3	4	8	6	9	7
5	3	6	8	9	4	7	1	2
2	9	1	5	7	3	8	4	6
8	7	4	6	1	2	3	5	9
6	1	8	9	2	5	4	7	3
9	5	7	4	3	6	1	2	8
3	4	2	7	8	1	9	6	5

Difficulty Level ★★★

“Thinking of View” — so listen carefully

Across

- 1 AMA members
- 4 Defiant stayer’s stance
- 11 Race participant?
- 14 Black Eyed Peas singer will. ____
- 15 Place for a friend to crash
- 16 SOS part
- 17 Bed linen where bad stuff goes on?
- 19 Hosp. diagnostic
- 20 “____ fair in love and war”
- 21 Smooth fabric
- 22 Random link from some stranger, say



- 23 Late comedian Phyllis
- 26 Island show
- 28 Planner square
- 29 “West Side Story” actor Tamblyn
- 32 Site to search for stomach remedies
- 36 Drinkware crafted between the mountains?
- 40 “In ____ of flowers...”
- 42 Clearer, as the sky
- 43 “Silver Spoons” actress Gray
- 44 What sports car engines have?
- 47 Put at, as a price
- 48 Sinn ____
- 49 “But ____ Cheerleader” (Natasha Lyonne movie)
- 52 “The Georgia Peach”
- 55 “Primal Fear” actor Edward

- 57 Roo, for one
- 60 Disaster relief org.
- 63 Better Than ____
- 64 Major miner concern?
- 65 Technical genius at filmmaking?
- 68 Animation studio drawing
- 69 D, E and F, but not F#, on a piano
- 70 Quit fasting
- 71 Daily ____ (political blog)
- 72 Instant coffee brand
- 73 Common omelet ingredient

- 27 Abbr. in personal ads
 - 30 Toby Keith’s “Red ____ Cup”
 - 31 Tobacco type
 - 33 Event where 13 is a good number
 - 34 1051, to Caesar
 - 35 Opium lounge
 - 37 Utter madness
 - 38 Late golfer Ballesteros
 - 39 Senator Hatch
 - 40 Jazzophile’s collection, often
 - 41 Detroit suburb Grosse ____
 - 45 General ____’s chicken
 - 46 “Bed-In” participant
 - 50 Pat of “The Karate Kid”
 - 51 Headwear of yore
 - 53 Bingo call
 - 54 Jeff who bought the Washington Post in 2013
 - 56 Court judge
 - 57 Sporty stereotype
 - 58 Brand with a “Triple Double” variety
 - 59 Slippery critters
 - 61 “Walking in Memphis” singer Cohn
 - 62 Coloratura’s offering
 - 65 Earn a title
 - 66 Cool, to the Fresh Prince
 - 67 Suffix for sugars
- ©2013 Jonesin' Crosswords (editor@jonesincrosswords.com)

10/03



Down

- 1 Total one’s totals?
- 2 Mexico’s national flower
- 3 Reason for insoles, maybe
- 4 “Was ____ das?”
- 5 Pursue with passion
- 6 Deep-sixes, to a thug
- 7 Language spoken in “Avatar”
- 8 Government IOU of sorts
- 9 Lizard that pitches insurance
- 10 Kind of poem
- 11 Easy win
- 12 A psychic may claim to see it
- 13 Barber’s quick job
- 18 Adult ed. course
- 22 “Jackass” crewmate once on “Dancing with the Stars”
- 24 Pitching stat
- 25 Rough game on a pitch

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- **Books** — Send information on book-related events (including author events, book clubs, poetry events and more) to kelly.sennott@hippopress.com. Books submitted for review will not be returned. Books can be submitted for review or mention to Book Editor, The Hippo, 49 Hollis St., Manchester, NH, 03104. Books submitted will be considered for review but are not guaranteed review or mention.
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Not sure who to send it to? You can also contact editor Amy Diaz at adiaz@hippopress.com or call 625-1855 ext. 29.

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Send letters to the editor to news@hippopress.com. Include your name, address and phone number for verification. Letters will be edited for size and will appear in our occasional comments section.

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NEWS OF THE WEIRD BY CHUCK SHEPHERD

Haute couture

A few still-primitive cultures inexplicably celebrate such female adornments as the stacking of metal neck rings and the inserting of saucer-size disks into pierced earlobes. For “civilized” society, there is the annual Paris Fashion Week in September, when renowned designers outfit brave, otherwise-gorgeous models in grotesque clothing. Among the ensembles witnessed by a New York Times critic this year: a hat resembling steroid-enhanced stalks of peas; a shoe appearing to sprout twig-studs; “a flexible cage covered in doughnuts of black satin”; and a pillow clutch with (for some reason) its own porthole.

Recurring themes

• News of the Weird first reported successful “stool implants” among family members in 2007 (to cure infections such as *C. difficile* by introducing the donor’s “good” microbes to overcome an imbalance of “bad” bacteria in a relative’s intestine). In 2012, however, two University of California, Davis, neurosurgeons boldly extended the cutting-edge treatment for three patients with a highly malignant brain tumor unresponsive to treatment. The doctors tried infusing bowel bacteria directly into the tumor, but the patients died, nonetheless. Although the patients had given fully informed consent, the school in August 2013 pressured Drs. J. Paul Muizelaar and Rudolph Schrot to resign for having violated internal and FDA procedures.

• It is well known that hospitals charge for medical supplies far in excess of what the products would cost at drugstores, but an August New York Times investigation of “saline drips” vividly demonstrated the disconnect. Though Medicare reimburses \$1.07 for a 1-liter plastic bag of saltwater (supplied by a subsidiary of Morton Salt), White Plains (N.Y.) Hospital charged patients’ insurance companies like Aetna \$91 per bag. Other hospitals decline to charge per-bag, listing only “IV therapy” of, for example, \$787 for hooking up the drip.

• From the world’s cosmetic-surgery capital (South Korea, where one woman in five has had at least one procedure) comes the “Smile Lipt” offered by Aone Plastic Surgery in the city of Yongin, designed to produce a permanent smile (associated with success). The Smile Lipt turns downward-drooping lip corners upward, to allow a persistent smile resembling that of Batman’s nemesis, The Joker.

• Another Hard-Working Lawyer: The Dayton Daily News reported in September that an audit of Dayton lawyer Ben

Swift (the highest-paid court-appointed public defender in Ohio, at \$142,900 in a recent year) revealed several invoices demanding government payment for workdays of more than 20 hours, and in one case, 29. Swift’s attorney said his client was guilty only of bad record-keeping.

• Patients with gargantuan tumors, but intimidated by the cost of treatment, create the possibility that by the time they can afford an operation, the tumor itself will be heavier than the post-surgery patient. A 63-year-old man in Bakersfield, Calif., finally had surgery in August, after 14 years’ waiting during which his set of tumors grew to 200 pounds. Bakersfield surgeon Vip Dev noted that the sprawled tumors dragged the floor when the man sat and that the surgery was complicated by the patient’s shape, which could not be accommodated by the hospital’s MRI and CT scan machines.

• In 2010, Chinese agencies stepped up “birth tourism” packages for rich pregnant women to book vacations in America timed to their due dates — to exploit the U.S. Constitution’s guarantee of citizenship to anyone born here and thus giving the Chinese children future competitive advantages against non-Americans who must apply for U.S. visas. A September USA Today report indicated that more Chinese mothers now prefer to land in the U.S. territory of Northern Mariana Islands (where birth also bestows citizenship), to the consternation of Islands officials, who would prefer traditional Chinese tourists instead of the “birthers.” (Historians agree that the 14th Amendment birth right was aimed at assuring

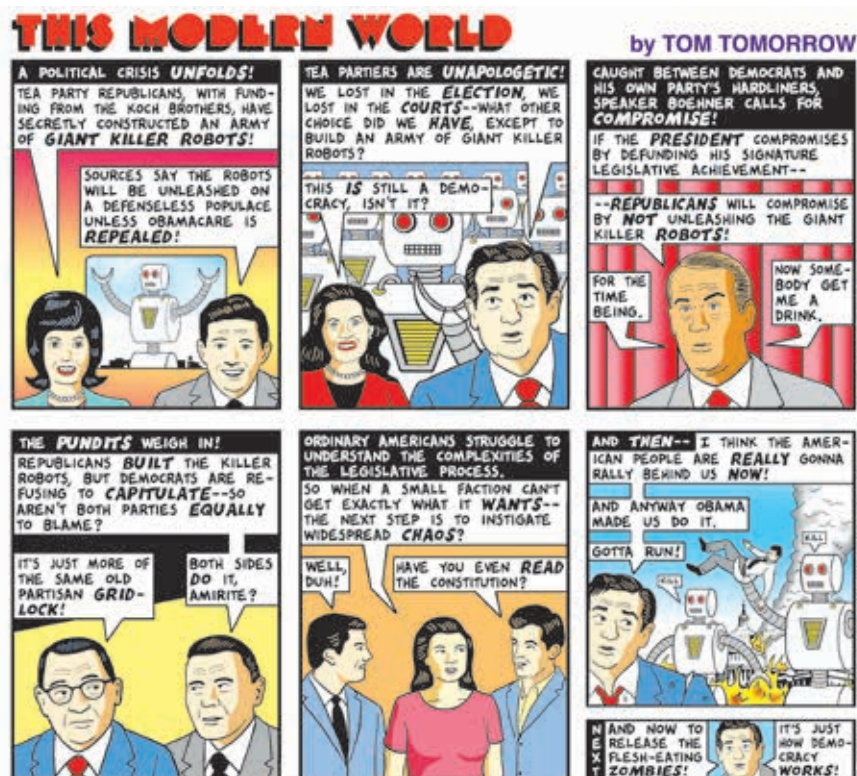
citizenship for freed slaves.)

Updates

• At Hong Kong’s traditional “Hungry Ghost” festival in August, in which people burn fake money on top of ancestors’ graves to support their afterlife styles, a weaker economy and inflation seem to have upped the ante for the gifts. An August Wall Street Journal dispatch noted that the denominations of burnable “currency” sold in stores have appreciated, including one “valued” at one trillion Hong Kong dollars (US\$130 billion). (Some festival-goers asked, sensibly, about how the ancestor could expect change from such a bill if he needed to make a small afterlife purchase.)

• The family of the great Native American Olympic athlete and Oklahoma native Jim Thorpe (1888-1953) was so disappointed that the then-governor of Oklahoma would not properly honor Thorpe on his death that one faction of his family moved the body to Pennsylvania, where he had no discernible ties but where municipal officials eagerly offered to name a town after him. Since then, Jim Thorpe, Pa. (current population, 4,800), has withstood legal challenges seeking to return the body to Oklahoma, including a recent federal court decision upholding the entire town as a Native American “museum.” One grandson said that Thorpe spoke to him at a sweat lodge in Texas in 2010, telling him to leave the body in Jim Thorpe, with “no more pain created in my name.”

Read more at WeirdUniverse.net.



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PINKERTON ACADEMY DEPT.
at Pinkerton Academy

THE STEVE KIMOCK BAND

with Bernie Worrell



**Fri.,
October 11**

8:00 p.m.
\$30
RS-Theater

JEFF PITCHELL w/ TEXAS FLOOD

with special guest, Johnny A



**Sat.,
October 12**

8:00 p.m.
\$35
RS-Theater

FOUNTAINS OF WAYNE, SOUL ASYLUM & EVAN DANDO of the Lemonheads

at the Stockbridge Theatre • 8 pm



**Sat.,
October 12**

Stockbridge
Theatre
PINKERTON ACADEMY DEPT.
at Pinkerton Academy

MELANIE



**Fri.,
October 18**

8:00 p.m.
\$35
RS-Theater

CANDYE KANE



**Sat.,
October 19**

8:00 p.m.
\$25
RS-Theater

THE ENGLISH BEAT



**Sun.,
October 20**

7:00 p.m.
\$35/\$40
RS-Theater

ADRIAN LEGG



**Thurs.,
October 24**

8:00 p.m.
\$20
RS-Tables

THE PAUL THORN BAND



**Fri.,
October 25**

8:00 p.m.
\$25
GA

JON BUTCHER



**Sat.,
October 26**

8:00 p.m.
\$25
RS-Theater

An Evening With BRENDAN JAMES & TONY LUCCA



Wed., October 30

8:00 p.m. • \$15 • GA

2 Young Road • Londonderry, NH • 603-437-5100

Full Schedules and Tickets: TupeloHall.com

85653

bite-sized lessons

join us for free nutrition classes and in-store demos

This Week: How to Determine If a Product is Gluten-Free

Is the product labeled "Gluten Free" with any of these certification symbols?



YES
→

Product is certified gluten free to safe levels specified by certifying agency.

NO ↓

Is the product labeled "Gluten Free" without certification symbol?

YES
→

Product is probably gluten free but may not be tested for gluten cross-contamination. Visit company website for further information or phone the company directly.

NO ↓

Read the list of ingredients. Is wheat, rye, barley, malt or oats listed?

YES
→

Product contains gluten unless malt is specifically listed as corn, rice or sorghum malt. Only oats labeled as gluten free should be used.

NO ↓

Does the product contain any meat or poultry? Or is it a "mixed" food product containing meat or poultry or a basic egg product with the USDA mark of inspection on the package?



YES
→

This product is regulated by the USDA and allergen labeling is voluntary.

- If you see wheat in the "contains" statement or allergen statement, the product contains gluten.
- Ingredients such as modified food starch, dextrin and starch may indicate presence of gluten. Contact manufacturer for more information.
- If product is free of gluten ingredients it may be safe. Contact manufacturer for more information about processing and potential cross-contamination risks.

NO ↓

The FDA regulates this product, and manufacturers must comply with the Food Allergen Labeling Law. Is wheat listed in the ingredients or "contains" statement?

YES
→

Product contains gluten.

NO ↓

The product is probably gluten free. Be cautious about cross-contamination risks. For example, flours and grains can become cross-contaminated during the manufacturing process. Contact the manufacturer for more information when unsure.



Your Hannaford Dietitians

Ask your Hannaford Dietitian about free services available at your neighborhood store.

To see upcoming FREE events and a monthly schedule, go to hannaford.com/dietitians

Coming Soon!

We'll soon announce a Registered Dietitian for our Concord store!

Concord Hannaford
73 Fort Eddy Rd.



Marilyn Mills, MS, RD, LD, CDE

Marilyn is available at the following locations and times:

Hooksett Hannaford
79 Bicentennial Dr.
Mondays, 10:30 a.m. - 1:30 p.m.
Wednesdays, 5 p.m. - 8 p.m.

Manchester Hannaford
201 John E. Devine Dr.
Thursdays, 10:30 a.m. - 8 p.m.;
some Saturdays, 11 a.m. - 3 p.m.

East Side Hannaford
859 Hanover St.
Fridays, 10:30 a.m. - 5 p.m.



Heidi Kerman, RD

Londonderry Hannaford
6 Hampton Drive
Thursdays, 3 p.m. - 8 p.m.
Fridays, 3 p.m. - 8 p.m.

Bedford Hannaford
4 Jenkins Road

Store Schedule Coming Soon!



Susan O'Keefe, RD, LD

Nashua Hannaford
175 Coliseum Ave.
Susan is available
Tuesdays, 2 p.m. - 6 p.m.

Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/dietitians.

